

February 10, 2013

Issue number: 931

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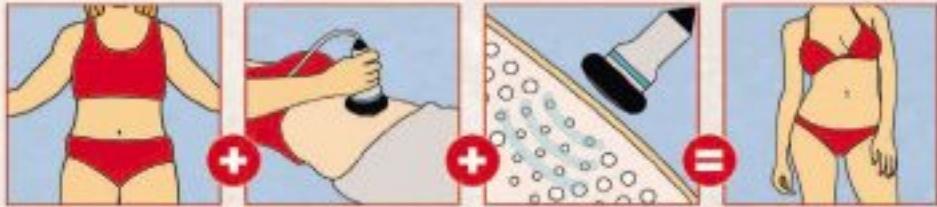
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Nina's £10k password invention is app-ealing to American companies

onpage 7



College principal says we need to value skills training

onpage 14

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LUTON on sunday

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'I just couldn't believe it': Eight-year-old William Hammond, pictured with Olivier Giroud, was chosen out of more than 25,000 members of the Junior Gunners club to be a mascot before the Arsenal v West Ham game. Photo by Stuart MacFarlane/Arsenal FC via Getty Images

Fan wins 25,000-1 chance to be mascot

A YOUNG football fan got a once-in-a-lifetime chance to escort his favourite players onto the pitch at the Emirates Stadium.

Lucky eight-year-old William Hammond, from Luton, was chosen at random from more than 25,000 young Arsenal fans to be a mascot for the team's 5-1 win against

West Ham at the end of last month.

William, who escorted Olivier Giroud onto the pitch, said: "It was brilliant to have been chosen to be the mascot and to walk the team out onto the pitch. I got to go into the dressing room and to meet all the players too, I just couldn't believe it."

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

A CAMPAIGN group has expressed concerns that a new council policy on the use of town centre public space could hinder groups with 'legitimate and lawful protests'.

Unite Against Fascism (UAF), which stands in opposition to groups such as the British Freedom Party and the English Defence League (EDL), has said that Luton Council's policy could inadvertently affect other groups even though it's aimed at preventing problems.

In the past few years protests held by the English Defence League in the town have led to widespread financial loss to local businesses and disruption to residents.

The new policy spells out the council's intention of opposing events in the town centre they deem as negatively affecting the community and harming the town's reputation.

Councillors approved it during a meeting at the town hall on Monday. It applies to St

George's Square and Market Hill which have been designated as 'public open spaces' and Manchester Street, Town Hall Square, George Street and Park Square which are 'public highways'.

In May last year the EDL and the UAF were banned from using St George's Square during an EDL march.

The EDL held its gathering on Park Street whilst UAF assembled in Wardown Park.

According to an agenda item from Monday's meeting, the policy's implementation will be led by the council-led Safety Advisory Group and 'reviewed after 12 months in light of experience and the views of Luton's diverse communities'.

Raymond Bennett, from the UAF, said: "We are in favour of groups like the EDL being excluded from the town centre but we are concerned that this blanket policy might stop legitimate and lawful protests."

"The EDL are bent on dividing people and they are an attack on our democracy."

"So we support the policy but

I would also call for caution

because it can disrupt people with legitimate protests."

A spokeswoman for the council said: "The council is doing everything it can to discourage disruptive protests in the town centre within the context of the Human Rights Act."

"Large scale protests disrupt community cohesion and have a negative impact on the town's reputation as well as having a negative financial impact on local businesses."

"The policy provides a clear and positive statement of the activities that will be permitted in town centre open spaces and enables us to work with our partners in the private and public sectors to minimise disruption."

She added: "Where proper notice of public procession has been served on the police, the council will do everything in its power to minimise the impact and disruption on the community. However, the emphasis will be on negotiating with the group."

Luton on Sunday was unable to contact the EDL.

Bid to block protests in town centre

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Childcare plans 'going in the wrong direction'

BY ADAM GRINSELL

editor@lutononsunday.co.uk

A SCHOOL has hit out at Government plans to allow nurseries to employ fewer staff.

Under reforms announced on Tuesday, January 29, the ratio of children to carers and nursery teachers could be raised.

Children's Minister Liz Truss said the plans are to enable childcare to become cheaper, and for more places to become available.

But the principal at Luton's King's House Preparatory School and Nursery has criticised the plans, saying they are 'going in the wrong direction' and could lead to health and safety risks.

Dr Andrew Cook said: "To us this policy is not productive because there's no guarantee that if you reduce staff this saving will be passed on to the parents."

"We are happy with the current regulations and think they are just about right."

"If you reduce the number of staff working with kids it can result in a potential health and safety breach because you have more being looked after by one person."

"I think that approach is going in the wrong direction and would lead to a decline in standards, not an improvement."

"That's why we have said to our parents that whatever happens we are staying with our current set-up."

"When we told parents about our plans they were very happy about it."

The Government has said the children-to-carer ratio can only be raised if carers' qualifications meet new standards.

But despite this the Pre-School

Learning Alliance is reporting more than 11,000 parents UK-wide have already signed a petition against the proposals.

Dr Cook, from the High Street Leagrave-based school, added:

"The Government has pointed to the continent for examples of how this works, but if you look at the continent there are a number of countries actually looking at what we already do and thinking about changing. So the Government could end up going in a different direction to the continent it's using as an example."

"What our Government needs to do is look at how sensible each regulation is. You can have ten or 10,000 regulations but the key is looking at how they are working in practical terms."

"The most important thing is that they create the right conditions for the child."

MP leads inquiry into laws on the UK sex trade

AN INQUIRY into whether the law on prostitution should be changed has been launched.

The investigation, which will be presented to the Home Secretary in June, is being led by MP for Luton South Gavin Shuker, who chairs the All Party Parliamentary Group on Prostitution and the Global Sex Trade.

He and his team are hoping to find out whether a change in the current legislation could better protect communities, and women and children at risk of exploitation.

Mr Shuker said: "The law fails to protect local communities from both anti-social behaviour, and women, who for a number of reasons end up selling sex to people who manipulate their vulnerability."

"The Government has said, for example, that

more than half of all prostituted women began under the age of 18 when they could not have legally consented."

Currently under UK law prostitution is itself not illegal, but associated activities such as soliciting, kerb-crawling, pimping and brothel ownership can be. But enforcement of this legislation varies between police forces and local authorities.

Last month a suspected brothel was shut down by Bedfordshire Police on Buxton Road, Luton, for three months under the Sexual Offences Act.

In Luton, Mr Shuker has been working with councillors and Police and Crime Commissioner Olly Martins to see what more can be done to help residents who are affected by the sex trade, and to help women to get out of it.



Inquiry: Gavin Shuker leads the All Party Parliamentary Group on Prostitution and the Global Sex Trade

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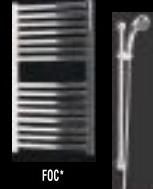


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newsbriefs

UNSAFE CHICKEN IS DISCOVERED

FOOD officers have removed a large amount of raw chicken unfit for human consumption. Luton Council officers discovered an unapproved meat cutting operation in a shed in Dallow. It lacked even the most basic food handling facilities.

The shed contained 'many' bags of meat waste, more than 200 empty meat crates as well as bags of bones, suggesting the operation had been there for some time.

Cllr Mohammed Ashraf, portfolio holder for public health, said:

"Any meat business operating outside the law jeopardises consumers' health as well as the financial wellbeing of our law abiding businesses. Poor meat operators only exist because a few unscrupulous and money-greedy food businesses are willing to disregard their moral and legal duties to their customers."

THE MALL'S HMV WILL CLOSE

THE town's HMV will be closing within the next few months after the company's administrator announced 66 of the music retailer's UK stores will shut.

All jobs at the store, in The Mall, will be lost, along with around 930 staff around the country.

Joint administrator Nick Edwards said: "As part of our ongoing review of HMV's financial position, we have now completed a review of the store portfolio and have identified 66 loss-making stores for closure. This step has been taken in order to enhance the prospects of securing the business' future as going concern."

"We continue to receive strong support from staff and are extremely grateful to them for their commitment during an understandably difficult period."

PROFESSIONAL FOOTBALL COURSES

A GROUP of budding footballers from the Saints area have been enjoying training with professional coaches thanks to a new scheme.

Your Say, Your Way allows residents to give their opinion on funding, and vote on the allocation of Luton Council money.

Thanks to £1,140 of funding applied for by the Saints Users Committee, 20 young people were able to take part in quality weekly coaching sessions at the Saints Community Centre for six months.

Ed inquest adjourned



HATTER: Ed Gillespie was a Luton Town supporter

AN INQUEST into the death of a 38-year-old Luton man who went missing after an office Christmas party in Essex was opened and adjourned earlier this week.

Edward Gillespie was last seen at a hotel at Roydon Marina near Harlow, Essex, on December 21.

His body was recovered from the water on January 26.

Essex coroner Caroline Beasley-Murray opened and adjourned the inquest in Chelmsford on Monday.

In a statement, his mother Jane Gillespie thanked the police for their support.

Mrs Gillespie said: "No words can express my feelings at the moment.

"I doubt if I will ever come to terms with the loss of Ed but I have drawn some small comfort over the past weeks from the kindness and help that so many people have shown me. "I would like to thank the police for everything they have done since Ed first went missing and everyone else who helped in the search for him.

"I would also like to thank people for their thoughts and prayers and the support of all Edward's friends."

Man shot in leg during attack

A MAN has been shot in his leg by three offenders on bikes.

The man in his early 20s was taken to hospital for treatment after the incident in Arrow Close, Luton, at around 6.30pm last Sunday. He is now recovering. The offenders rode off towards Spinney Woods.

The first is a man in his late teens to early 20s and slim. He wore a baseball cap with white peak, a light-blue hooded jacket and reflective strips on the sleeves, black trousers tight around the ankle and white trainers. He may have had a slight limp.

The second is similar age with a muscular build, wearing a black hooded top and black clothing, and was on a mountain bike. The third wore dark clothing, on a white bike with black writing. Anyone with information call 101 or 01582 394066.



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Council considers £25 rubbish collection fee

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

PLANS to charge residents £25 for large rubbish collections could lead to an increase in fly tipping, a councillor has warned.

Liberal Democrat leader Councillor David Franks has said Luton Council's proposals to charge for bulky waste collections from households will force people to dump their rubbish instead.

The authority is considering charging £25 per visit for up to three items and it is hoped this will reduce the service cost from £200,000 to £150,000.

Previously the council had picked up items such as old furniture and electrical appliances free of charge.

The plans were discussed during Monday's Executive meeting where

councillors also approved a kerbside nappy recycling service.

Clr David Franks said: "This is a big mistake as many residents who either cannot afford the charge, or just do not want to pay, will resort to dumping their old furniture wherever they think they can get away with it."

"The result will be a town which looks like a dump and extra costs for the council in clearing up the fly tipping.

"By reducing the number of vehicles on the service from two to one they must be expecting to collect less than they do now.

"Clearly the stuff they do not collect will end up somewhere."

"Some people may take their old furniture to a council tip but many households do not have access to a big enough vehicle and the council make it difficult

through their restrictions on vans at the two tips.

"Add all this to the cuts in street cleaning and we're heading for a Luton which will be much less comfortable to live in."

A council spokeswoman said: "Every year the cost of disposing of waste goes up as landfill tax set by the Government increases by £8 per tonne per annum.

The current rate is £64 per tonne of waste sent to landfill.

"Last year the amount of waste the council sent to landfill was over 47,000 tonnes which cost £2.6million and by the end of this financial year with the increase in tax we expect the cost to rise by a further £376,000."

She added that other authorities who charged for this service had 'not experienced a significant increase in fly tipping'.

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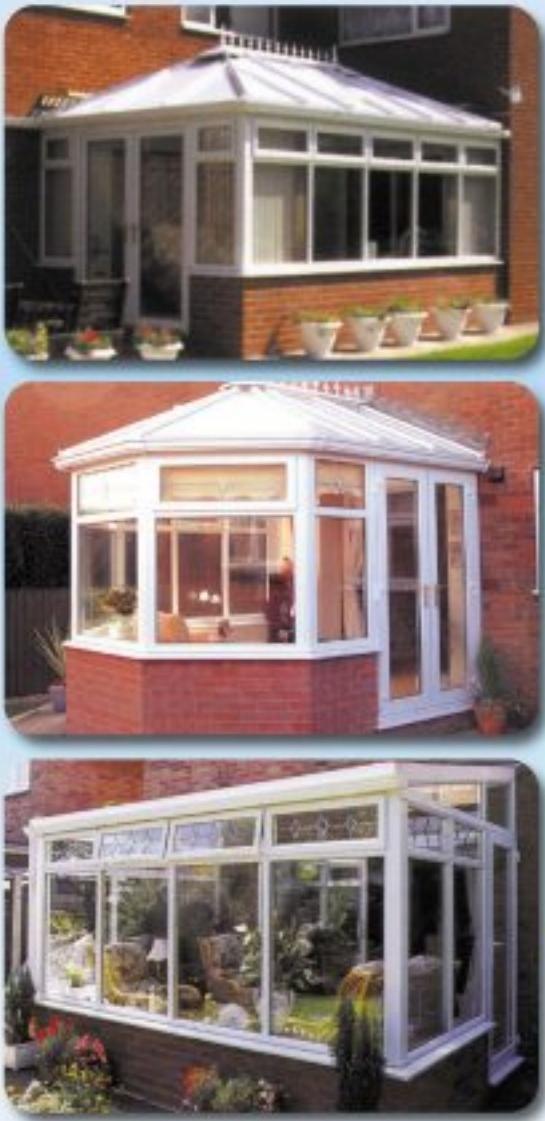
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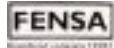
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US firms want app created by Nina, 14

BY ADAM GRINSELL
editor@lutononsunday.co.uk

A SCHOOLGIRL has developed her own app using a £10,000 investment from an entrepreneur – and is now in talks with American companies about the idea.

Prompt Me Nina was created by 14-year-old Nina Devani from Luton after her father Atul fell victim to German internet hackers. His Facebook account was breached, meaning he had to change dozens of passwords across a number of different websites.

Realising how difficult it was for him to remember so many new details Nina, a pupil at St Albans High School for Girls, developed her app which creates personalised 'prompts' to remind people of their multiple passwords.

She said: "It caused him a lot of stress and as I watched him pulling his hair out, trying to



APPY GIRL: Nina, 14, who has developed Prompt Me Nina

come up with dozens of unique new passwords and remember them, I suddenly thought there has to be an easier way.

"I realised people don't like to write down their passwords, even in an app designed to remember them, in case it somehow falls into the hands of hackers."

"So I decided my app would be all about prompts which are unique to each user and mean something only to them."

"I thought it would be

fun to put myself into the brand so it quickly became Prompt Me Nina."

The application was developed with a £10,000 cash investment from internet entrepreneur Suleman Sacranie, who she met through a school project.

And now the inventive teenager is in talks with firms in Silicon Valley in California, which are interested in developing her app for the US marketplace.

Nina said: "Suleman is

in his 20s so he was a business leader I could relate to. I admired him for what he had achieved with 99pWholesaler.com, which led to him being named Young Entrepreneur of the Year when I interviewed him for my school project.

"He'd been really friendly and approachable so I didn't hesitate to make contact with him again with the idea for Prompt Me Nina."

"I've got quite a hectic life at the moment with my GCSEs and my commitments to the Sea Cadets and Duke of Edinburgh award, so most of my lunch breaks are spent answering business emails."

"It's my dream to go to America and expand my business in the world's biggest technology hot spot. There has been interest and we are talking to people over there, but my parents may take some convincing."

"Whatever I decide, I know that they will support my decision."

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Any 2 x 12" Pizzas for £10
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Single Platter 1 x Full Chicken, 1 x Large Fries, 1 x Fresh Salad, 1 x Pitta, 3 x Any Dips, 1 x Large Bottle of Drink £9.99 You Save £2.90	Mixed Platter 1 x Full Chicken + 5 x Chicken Strips, 6 x Wings, 1 x Large Fries, 2 x Pittas, 4 x Any Dips, 1 x Large Bottle of Drink £14.99 You Save £4.68	Pizzas MARGARITA Cheese & Tomato 9" £4.50 12" £6.00 15" £8.50 HAWAIIAN Ham, pineapple & mushroom SEAFOOD Tuna, prawns & sweetcorn BEEFEATER Spicy beef, onions & mushrooms CHICKEN SUPREME Chicken tikka with mushrooms, green peppers & sweetcorn VEGETARIAN Green peppers, mushrooms, onions, fresh tomatoes, sweetcorn & jalapeno peppers PEPPERONI FEAST Double pepperoni, mushrooms & onions MEAT FEAST Spicy beef, ham, pepperoni & chicken tikka MEXICAN HOT Double spicy beef, onions, red beans, green peppers, green chillies, chilli powder & jalapeno peppers PIZZA DIRECT SPECIAL Pepperoni, mushrooms, green peppers, onions, sweetcorn, ham & spicy beef PERI PERI PIZZA Peri peri chicken, green peppers, mushrooms & pineapple KEBAB PIZZA: Lamb doner, onion, green peppers, mushrooms SPICY KEBAB: Lamb doner, chicken doner, onions, chilli sauce SUPER TIKKA: Double chicken tikka, onions, green peppers, sweetcorn EXTRA TOPPINGS 0.70 0.80 0.90 £8.50
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	Regular	Large	Regular	Large
Fries	£1.20	£1.70	4 Pieces Chicken & Fries	£4.90
1 Piece Chicken	£1.00	£1.10	6 Pieces Chicken & 3 Fries	£7.99
1 Piece Chicken & Fries	£1.80	£2.80	8 Pieces Chicken & 4 Fries	£9.99
2 Pieces Chicken & Fries	£2.80	£3.70	12 Pieces Chicken & 4 Fries	£14.49
3 Pieces Chicken & Fries				

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Vindaloo	£4.40		
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Bhuna	£4.40		
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BALTI DISHES:
All balti dishes are medium (unless requested otherwise), cooked with onions tomatoes, green peppers & special herbs & spices & tossed dry in an iron balti (souk). Served with pilau rice or naan

Bhindi Bhaji	£2.35	Lime Pickle	£2.35
Channa Masala	£2.35	Mixed Pickle	£2.35
RICE:		Mango Chutney	£2.35
Boiled Rice	£1.60	Mint Sauce	£2.35
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Food outlet problems revealed in reports

BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

RODENT infestations, mouldy food and poor food handling are some of the things hygiene inspectors have found at food establishments in the town, it has emerged.

The findings, detailed in food inspection hygiene reports seen by Luton on Sunday, were documented by Luton Council at four food businesses they gave a zero food hygiene rating.

Among them was Haji & Sons Ltd, a fruit and vegetable shop on Dunstable Road, where officers found an ‘active mouse infestation’ when they inspected it in October 2011.

At Istanbul Grill on New Bedford Road, officers found raw fish defrosting above an uncovered ready-to-eat salad during an inspection last October.

And Holloway Meats, a butcher on Bishopscote Road, was found to have not properly separated raw and cooked meat when it was inspected in October last year.

Hygiene inspectors regularly check food businesses with poor ratings and the findings can be seen on the website www.food.gov.uk.

Luton on Sunday tried to contact the food businesses with a zero rating. Both Haji & Sons and Istanbul Grill said no one was available for comment.

The manager of Holloway Meats, Ricky Cook, said things had changed since officers visited his establishment.

He said: “Since the inspection we have spent £10,000 on a room just for cooked meats and the council are happy with that.”

“Now we are waiting for them to do another inspection and I am quite confident that our rat-



The council has prosecuted 13 food businesses since January 2010, including this bakery where officers discovered dead mice and maggots

ing can go up to being a 3 or 4.”

Mr Cook also said they had sacked the employee who was working in the shop at the time of their inspection on October 17 last year.

According to the food.gov site, the number of food business with ratings is 748 but the council said that 1,540 are registered in the town. Many are ‘considered low risk’ and not in its inspection programme.

New food outlets are waiting inspection.

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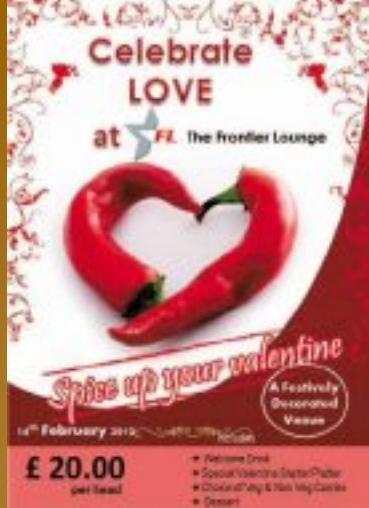
The Frontier

Helen from Watford & Dionne from Luton said: “We tried a variety of dishes and can say that we have never experienced Indian cuisine quite like it!”
“See our comments”

‘Every course was delicious.....’

I will definitely come again and highly recommend.....

The fish was succulent and full of flavour.....’



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yourletters

Authority must watch spending

SIR - Are we all in it together? I had a letter from Luton Borough Council stating that they had to save £48 million (of our money) over the next three years on such things as bus travel, concessionary bus passes, parks/street cleaning - the same old chestnuts.

Looking at the figures they quoted (and my maths is not that great) if they just save on one of the above that only saves about £1-£4m over three years.

It's just a drop in the sea but when I read *Luton on Sunday* last week I couldn't believe the article on the council's credit card spend.

I thought you paid for whatever you spent out of your own pocket and then claimed it back at the end of the month, provided you had a receipt?

Are there anymore jobs like this at the council? It's just a licence to spend money.

There is us trying to save a bob or two and these comedians are spending it as fast as we save it.

In it together we're not.
Name and address supplied

Thank you for being generous

SIR - Twenty-five years ago today I leapt on to your TV screens with a big Red Nose on my face and asked you to part with your hard earned cash to help some people in Africa you'd never met.

It all starts with a handshake at the council

SIR - I just had a few brandies and then read Steve Lowe's column in your newspaper.

He does not seem to love anybody.
As he has been a county councillor he must understand all the fundamentals of obtaining and running public offices.

The first obligation is the right handshake.

As I am an ex-professional boxer few people wish to shake hands with me in case I misjudge their intentions.

But Steve Lowe's most certainly aware of cushy council and government posts.

I could have joined this paternal fraternity many times but I did not have the correct handshake.

Governmental and councils issues have to be decided and organised so we need the best operatives and the best financiers.

Obviously they will act in their own inter-



ests as well as those of their employers.

So high salaries have to be paid to avoid the problems of dysfunctions happening.

I sob, especially when highly paid council-

lors fail to attend meetings that they are paid to attend. My rates have escalated, perhaps the councillors can tell me why?

George L Donohoe
Axe Close, Luton

an extraordinary £600 million to help fund some amazing projects in Africa, but also right here on your doorstep in the UK.

From young carers to women experiencing domestic violence, from older people living in isolation to families living in extreme poverty - a real difference has

been made. And these are just some of the many ways your money has helped change lives.

A mahoosive thank you to the people of the South East - keep up the good work!
Lenny Henry
Comic Relief

CHICKEN & PIZZA DIRECT

Peri Peri Chicken



PIZZAS

	Reg	Large	Xlarge
	9"	12"	15"
Margarita Cheese and Tomato	1.2	2-3	3-4
Hawaiian Ham, Pineapple & Mushroom	6.50	8.50	11.00
Sea Food Tuna, Prawns & Sweetcorn	8.00	10.00	14.00
Beefeater Spicy Beef, Onions & Mushrooms	8.10	10.40	14.50
Chicken Supreme Chicken Tikka with Mushrooms, Green Peppers & Sweetcorn	8.60	10.90	14.80
Vegetarian Green Peppers, Mushrooms, Onions, Fresh Tomatoes & Sweetcorn, and Jalapeno Peppers	8.40	10.60	14.60
Pepperoni Feast Double Pepperoni, Mushrooms & Onions	8.40	10.60	14.60
Meat Feast Spicy Beef, Ham, Pepperoni, Chicken Tikka	8.60	10.90	14.90
Mexican Hot Double Spicy Beef, Onions, Red Beans, Green Peppers, Green Chillies, Chilli Powder and Jalapeno Peppers	8.70	11.10	14.90
Pizza Direct Special Pepperoni, Mushrooms, Green Peppers, Onions, Sweetcorn, Ham and Spicy Beef	8.80	11.90	15.50

SOUTHERN FRIED CHICKEN

	Large
Chicken Feast... (5 pieces chicken, 3 fries, 2 regular drinks)	£7.49
Family Bucket... (6 pieces chicken, 3 fries & large bottle drink)	£8.99
Bargain Bucket... (8 pieces chicken, 4 fries, large bottle of drink)	£10.99
Party Pack... (12 pieces chicken, 4 fries, large bottle of drink & 2 apple pies)	£15.99
Mega Pack... (16 pieces chicken, 5 fries, large bottle of drink)	£18.99

BURGER & COMBO MEALS

	Burgers	Fries & Free Drink
Chicken Fillet	£2.49	£3.49
Empire Fillet	£2.70	£3.69
SFC Wrap	£2.70	£3.69
After Burner	£2.50	£3.49
Chicken Steak Burger	£2.00	£2.99
Grilled Burger... (tender chicken fillet in a bun)	£2.80	£3.79
1/4lb burger	£2.49	£3.49
1/4lb cheese egg burger	£2.99	£3.79
1/2lb burger	£3.50	£4.49
Cheese Burger	£1.70	£2.69
Kingsize Burger	£2.50	£3.69
Veggie Burger	£2.00	£2.99
Bean Burger	£2.00	£2.99
Fish Burger	£2.49	£2.99
Hot Wings	£2.49	£3.49
Donner in a Bun	£2.00	£3.00
Panini (with any 3 toppings)	£2.49	£3.49
Chicken Nuggets (6)	£2.00	£2.99

KEBABS

	Regular	Large
Chicken Tikka Roll	£3.70	£4.20
Seekh Kebab Rolls	£3.50	£4.00
Doner Kebab	£3.50	£4.00
Doner Meat & Chips	£2.50	£3.50
Mixed Kebab Rolls	£3.50	£6.00
Seekh Kebab (portion)	£1.80	
Portion Donner	£2.00	

KIDS MEALS

1 Chicken Drumstick, reg Fries & drink	£2.49
4 Nuggets , Fries & Drink	£2.49

SIDE ORDERS

Garlic Bread	£1.50
Garlic Bread w/cheese	£1.90
Onion Rings	£1.40
Coleslaw	£1.00
Baked Beans	£1.00
Fresh Salad	£1.30
Chicken Salad	£2.40
Potato Wedges	£2.00
Samosa (meat/Veg)	£0.70
Chicken Pakora (portion)	£2.00
Veg Pakora (portion)	£2.00
Jacket Potato	£1.50
Jacket Potato Toppings	each £0.50
Dips	each £0.30
Pitta	each £0.30

PERI PERI GRILL CHICKEN

	Meal
A. Chicken Breast Burger	£2.99
B. Chicken Breast Pitta	£2.99
C. Peri Wrap	£2.99
D. 6 Peri Wings	£2.99
E. 5 Peri Strips	£2.99
F. 1/4 Chicken	£2.99
G. 1/2 Chicken	£3.99
H. Full Chicken	£6.99
Lemon & Herb	£8.49

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• 3x Any Dips • 1 Large Bottle of Drink

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MEGA PLATTER

2x Full Chicken • 5x Chicken Strips
• 6x Wings • 3x Pittas • 1x Large Fries • 1 Fresh Salad • 1 Large Bottle of Drink • 5x Any Dips

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You save £7.47

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1x Full Chicken • 5x Chicken Strips • 6x Wings • 2x Pittas
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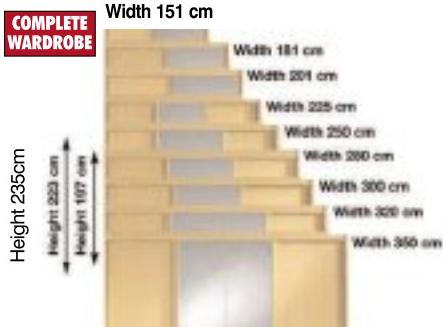
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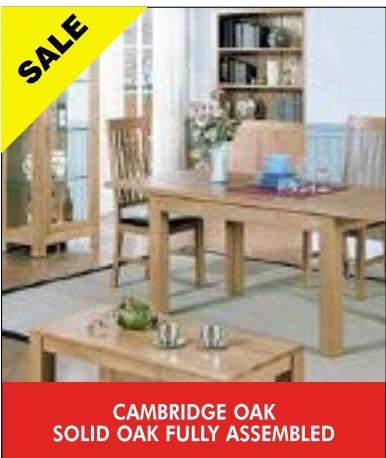


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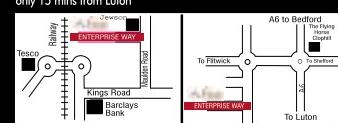
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steve lowe

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It has often been said that men are from Mars and women from Venus. This is never more true than when preparing for a holiday.

We recently scooted off to East Asia to get away from the snow and cold turkey, in preference to steamy heat and fried tarantulas. And, of course, we had to pack. There is now a limit, thank the God of travel, to the amount one can take. This idea has no effect on the present Mrs Lowe, who believes such rules do not apply to her. It's as well we were not visiting the Philippines, or they would have believed the lost love-child of Imelda Marcos had returned, complete with shoe wardrobe.

The next point is I had packed two days before the holiday began, which for some reason is extremely irritating. There is an unwritten rule that all suitcases must remain open until ten minutes before departure. Then, as I haul the cases down to the front door, there is a reminder of all my previous packing misdemeanours.

I won't go into them all but Budapest seems to grate more than the others.

We had driven across Europe to the Hungarian capital and, having ensconced ourselves into a hotel, I mentioned my underpants stock was getting a little low.

In response to some tart questions, I admitted I had only

His and hers is no laughing matter

packed three pairs and had worn all of them, both normal and inside-out. Women get vexed over such trifles. I said I would wash them out and disappeared into the bathroom to undertake my laundering duties.

I took some soap from her washbag but it would not give a decent lather.

My bemoaning of the same brought her to the bathroom, to give a look of horror as I was apparently cleaning the crotch of my pants with her Clinique facial bar.

Soup's soap I moaned as I was being beaten half to death. I nearly said Camay was good enough for your family when you were young but realising we were on the fifteenth floor, thought better of it. I digress.

Once at the airport, which was heaving with people, mainly because flights were being cancelled left and right, Mars and Venus take on different stances. I want to get to the departure lounge as soon as it is called, while the wife wants to linger until the last moment, not

wishing to seem too eager. The final difference exposes itself when I get punched for daring to fall asleep on take-off.

LUTON'S one-day carnival is the largest in Europe. It is a fantastic event, which shows off the town's diversity, culture and sheer sense of fun.

This year it is being moved from the traditional Bank Holiday Monday to Sunday May 26. This is still part of the Bank Holiday weekend and is being done to save money. I have no objection to it being a Sunday or to the council saving money.

But, according to the council, it will save money by reducing staffing costs. I admit to being somewhat perplexed as to why staffing costs will be cheaper on the Sunday rather than the Monday but the council does move in mysterious ways.

All I hope is the weather this Spring will be much kinder than last year, when it never stopped raining. Let's hope so and let's enjoy what will be a great day.

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Lamb Doner	£3.80	£5.00
Chicken Doner	£3.80	£5.00
Mix Doner	£4.50	£5.50
Doner Meat, Chips & Salad	£3.80	£5.00
Doner Wraps		£4.00
Mix Doner Wraps		£4.50

PIZZAS

	10"	12"	14"
Marguerite	£3.99	£5.99	£7.99
Veggie Supreme	£5.99	£7.99	£9.99
Chicken Supreme	£5.99	£7.99	£9.99
Meat Feast	£5.99	£7.99	£9.99
Seafood Special	£5.99	£7.99	£9.99
Doner Mix	£5.99	£7.99	£9.99
Hawaiian Special	£5.99	£7.99	£9.99
Pepperoni Delux	£5.99	£7.99	£9.99
Make your own	£5.99	£7.99	£9.99

Pick any four toppings from the following: Mushrooms, red onions, sweetcorn, pepperoni, spicy beef, chicken, doner lamb, doner chicken tikka, peppers, pineapples, fresh tomatoes, olives, tuna
Extra toppings 50p per topping

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BY CARL MUNGAZI
carlmungazi@lutononsunday.co.uk

THE Government's official schools' exam league tables do not assess 'the right things', according to principal of Luton Sixth Form College

Chris Nicholls was responding to last month's school league tables which showed that only three per cent of the college's pupils had achieved two As and a B in the subjects most sought after by top universities.

The national figures showed that around 594 of the 2,540 colleges that teach A levels had students who did not achieve an A or B in the 'facilitating' subjects.

These are subjects which have been identified as being favoured by universities such as Oxford and Cambridge.

They are maths and further maths, English literature, physics, biology, chemistry, geography, history and languages.

Mr Nicholls said the figures highlighted the wrong things, pointing out that the Sixth Form's overall AAB results at A level were 42 per cent and that around 75 per cent of its pupils went on to university every year.

He also said they were misleading since students did not need to take three 'facilitating' subjects but could do two instead.

He said: "What is wrong with the Russell Group measure is that it only looks at ten subjects. It's not assessing the right things.

"We have a choice of about 60 subjects at our college so it means the more choice a college has the less likely a student is to choose a facilitating subject.

"As a college we want to get the students to the best university they are capable of going to.

"For some it's Cambridge and for some it's not.

"The measure of having the



MAKING THE GRADE: Chris Nicholls

three subjects is not helpful in this sense.

"I think the number of students that go to university and then actually achieve what they wanted to do in their career would be a better way of looking at a college's achievements.

"We are not here to meet government targets but to help our students do the best.

"During our open evenings I don't think I have had a parent approach me and say 'I see you haven't got this in the league tables or you haven't got that'."

Mr Nicholls, who also teaches economics at the college, said he thought that the education system as a whole needed to move away from focusing only on academic achievement.

He said: "We need to look at vocational education and skills-based education more than we do.

"I've been in education for more than 30 years and I've seen that we don't value vocational and skills-based training enough.

"In some cases we value something with a degree in history more than a more skills-based qualification.

"But we need to recognise that someone with skills in engineering, for example, has something to offer as well."

Luton's garden kerbside waste collections are restarting in February

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College principal calls for more skills training

THE Government's official schools' exam league tables do not assess 'the right things', according to principal of Luton Sixth Form College

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"The measure of having the



LUTON
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PCC to learn from victim experience

BY CARL MUNGAZI

carlmungazi@lutononsunday.co.uk

POLICE boss Olly Martins wants to communicate directly with victims of crime and 'make sure we're learning the lessons of their experiences'.

The Police and Crime Commissioner was speaking after his plan to save the jobs of police and community support officers (PCSOs) was approved by Bedfordshire Police and Crime Panel.

He had previously announced that he would raise the police precept to support PCSOs facing the axe.

The precept is the money taxpayers contribute to the Bedfordshire Police force and from April it will rise by two per cent, which equates to an extra six pence a week for the average Band D household.

During a patrol with PCSOs in the town on Wednesday Mr Martins told Luton on Sunday that his plan for tackling crime in Bedfordshire would centre around 'protecting the public, partnership working and prevention'.

He said: "Protecting the public is looking at improving the response of the police and other agencies give to anti-social



OUT AND ABOUT: PCC Martins and Deputy PCC Tafheen Shariff on patrol earlier this week with police and community support officers in Luton

behaviour.

"There are going to be things such as improved IT systems and they are going to help them pick up on repeat victimisation a lot easier than they do at the moment.

Partnership working will include getting a holistic and joined-up response to victims of crime, particularly where there are witnesses going through the criminal justice system.

"So that's all about information sharing between the different

agencies so that the victim doesn't have to keep giving the same information to different agencies repeatedly."

Mr Martins also said he wanted to 'tackle the underlying causes of crime' and extend the county's Integrated Offender Management program.

He added: "At the moment it just works with a narrow group of offenders but it's not capturing the sort of the offenders that are causing the highest level of harm."

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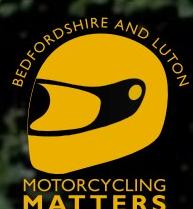


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Proposed admission arrangements for Luton schools September 2014

Luton Borough Council is currently consulting on its proposed admission arrangements for Community Schools for September 2014. The proposals can be viewed at www.luton.gov.uk/currentconsultations or hard copies are available from Unity House Reception (111 Stuart Street).

Cardinal Newman Catholic School is also consulting on its admission arrangements and these can be viewed at www.cardinalnewmanschool.net. Hard copies of the proposed arrangements are available from the school's office.

Any comments on admission arrangements must be received by 1 March 2013.



For further information please contact Deborah Smith on Luton 54 80 41.

www.luton.gov.uk/consultation

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7

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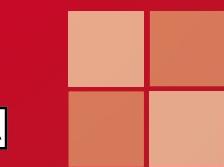
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BY CARL MUNGIZI

carl.mungazi@lutononsunday.co.uk

IN THESE difficult social and economic times much has been made about the selfish behaviour of individuals working in some of our nation's key institutions.

Listening to discussions surrounding the various misdemeanours, and sometimes criminal activities, of bankers, politicians, police officers and the like, it is understandable how one can begin to develop a pessimistic and cynical attitude towards life.

So it's refreshing to see local communities, and especially young people, band together to make a difference, however small it may be.

Towards the end of last year Diverse FM and the Mitale Youth Association pooled their resources and decided to support causes in the town.

They nominated Age Concern as one of their charities of the year and after raising £4,000 as a donation, they went a step further and packed 100 food boxes to give away.

What was the thinking behind it?

Mugsy Koyes, the training manager at Diverse FM, said: "We got together a cluster of 'NEET' young people. These are kids who are not in employment, education or training.



HAND OVER: Fahad Abdi from Diverse FM, Heidi Dyke from Bedfordshire Pilgrims Housing Association and Kwaku Adjei from Age Concern

"We wanted to empower them to take ownership and have them involved in projects such as this."

"And they themselves wanted to give back to the community and the people of Luton."

"It was about bringing people together, removing the boundaries between different cultures and we wanted to get this food out to the elderly people in the community."

"In the end there were about 30 young people working on the project."

Over a period of four weeks they collected as much food as they could and then presented it to Age Concern with a brief that the charity could donate it to people they thought needed it

the most.

Mr Koyes added: "The difference projects like this make is that it brings opportunities for young people to develop their skills and reach out."

"Whilst we were doing this I had some of the young people say how fortunate they were to be having a family meal every night, which is not something everyone has."

"It opened their eyes and gave them leadership skills because they really wanted to be at the forefront of this."

Age Concern selected elderly residents at Jill Jenkins Court, on Whipperley Ring, as the beneficiaries of the young people's generosity.

They handed it over during a

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GENEROUS: A resident at Jill Jenkins Court said it 'was nice to know there are people thinking of you'



presentation on Thursday.

Kwaku Adjei, a service manager at Age Concern said the donation came as a 'surprise' to them but it would make a 'massive difference' to an age group that can often get marginalised in society.

He said: "I think this type of work is good for making improvements to our local com-

munity and we hope the residents enjoy the benefits of the hard work done by the youngsters.

"It makes a massive difference because in these difficult times young people don't need to be marginalised and the work they are doing shows we are all capable of helping other people and that we can do something posi-

tive for the town.

"It was also good for the young and old to meet in this kind of setting because they both have a lot to offer.

"Some of the elderly people my organisation works with are very capable of handling themselves and they do amazing voluntary work. Hopefully we can do more of this in the future."

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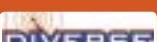
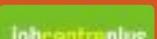
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Hayley's charity ride in memory of gran

BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

A CYCLIST riding from London to Paris in memory of her gran hopes to raise more than £1,400 for the charity.

Hayley Matcham, 22, from Stopsley, who works at Thomson Holidays on St George's Street, will be cycling to France from the capital on June 5.

She will be cycling on behalf of Dementia UK, a charity that tries to improve the quality of life for sufferers.

Her grandmother died during her childhood and she said the memories she has of her are 'not really good ones'.

Hayley said: "When I was younger my nan used to live with us and she had dementia."

"She had no support in those days and she died when I was eight so the memories I have are not really good ones."

"This charity promotes the kind of support my nan could have benefited from and that's why I'm cycling for them."

"I don't want other kids to grow up remembering any of the family members with dementia in the way that I did with my nan."

Hayley said she was always sporty as a child and grew up participating in athletics and



READY: Hayley Matcham says her grandmother's experience has led her to support the work of charities such as Dementia UK

also football. She even turned out for the Luton Ladies football team.

During the cycle she will be expecting to cover around 500km in five days.

She said: "Cycling has always been an interest for me."

"For my training I do a lot of swimming and I do it about five times a week."

"My general training has increased gradually and I do more miles on the bike. It has been going well and my fitness is

good.

"I have been cycling for a few years and I have also been doing spinning classes so they have kept me fit."

"There were a few choices in the UK of where I could have cycled but I thought if I am going to do this I might as well really go for it!"

"There will be a big group of us going so we will have support vehicles with us on our way and the road has already been pre-planned so it will be fine."





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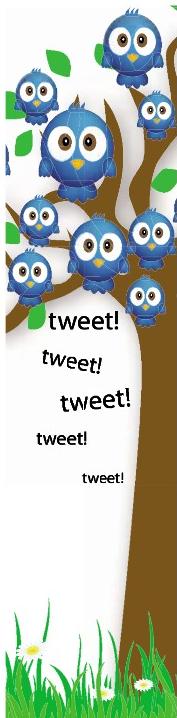
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BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

THE council is calling on residents to help it tackle potholes in the town by reporting them to its highway maintenance department.

Luton Council this week sent out two 'seek and repair' gangs in a bid to identify the current scale of the problem and organise repair work.

The authority has had 111 potholes reported this winter.

It is investing around £2.5 million in 2012/13 on road maintenance, including a resurfacing programme and carriageway repairs that are undertaken throughout the year.

As part of this work, four council highway inspectors will be checking on the condition of the borough's roads and scheduling appropriate works.

On Monday two crews were put into operation following the recent cold spell and they were working in addition to the authority's normal quota of highways maintenance crews.

It is the third time in four years this has been done.

Councillor Dave Taylor, the portfolio holder for highways, said: "Road users in Luton may have noticed more potholes on



BUMPY: A roundabout in Wigmore

the highways network in recent days.

"This is because snow and ice causes damage to the road surface as water gets into the small cracks caused by traffic.

"When the temperature drops the water freezes, and then when the temperature rises again it thaws.

"This continuous process causes cracks to widen, and voids to form, eventually leading to potholes caused by the load of passing vehicles."

The council said the colder

winter weather we are experiencing led to the decision to send out 'seek and repair' gangs from its contractor Volker Highways to identify potholes and carry out immediate repairs.

It said that any reported potholes that are more than 50mm deep and 150mm wide would be made safe or repaired within 24 hours.

Inspectors also assess if it would be more cost effective to repair a stretch of road rather than repeatedly repair individual potholes.

Cllr Taylor added: "Maintaining the quality of Luton's road network is a priority for the council and our seek and repair units are touring the borough now, particularly concentrating on housing estates.

Residents are also invited to help us by continuing to call or email the council's highways customer services desk.

If you spot a pothole problem, please let us know.

So far this winter we have had 111 potholes reported to the council and all those meeting the criteria have been repaired within a day."

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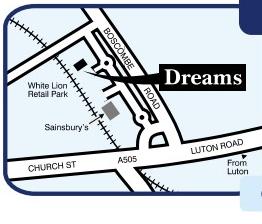
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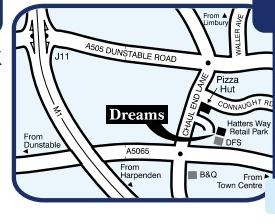
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Wednesday, 13 February
Farley Junior School, LU1 5FJ
6 – 8pm (*meeting begins at 6.30pm*)

Green campaigner wins £2,500 grant

BY CARL MUNGIZI

carlmungazi@lutononsunday.co.uk

AN AIRPORT worker has been awarded £2,500 to launch a project aimed at encouraging residents in the town to recycle and live a healthier lifestyle.

Lucia Poliovkova, from High Town, was given the money as part of mobile phone company O2's Think Big initiative.

The 25-year-old, who works in Marks & Spencer at Luton Airport, initially started by using a £300 grant to fund an exhibition of upcycled artwork at the Hat Factory in summer last year. She had decided to use the exhibition to promote recycling and healthier living.

Lucia said: "I work in a shop at London Luton Airport, and I see how much people throw away, and how they don't think about recycling, especially big food companies."

"I also noticed that many individuals are not thinking about the ways that they can reduce their waste."

"I believe that people probably don't have enough information about tons of plastic pollution in the ocean and on land."

"This is why I'd like to inform people, highlight the problem, and propose suggestions."



HEALTHY LIFESTYLE: Lucia gives her winning presentation to a panel of judges and audience members

"I strongly believe that the situation can be improved even by small changes and broadening the awareness about the topic."

"I think that there is an urgent need to discuss these issues of living a healthy and sustainable lifestyle, and hope that my project will help with this education process."

Lucia plans to use the money to host a series of presentations about living a healthy lifestyle and recycling at The Mall, the University of Bedfordshire, and

Luton Airport with the help of a group of ten volunteers.

They are also going to create a series of public art installations from recycled materials, which they hope will make people passing by think about what they throw away.

Bill Eyres, who is head of O2 Think Big initiative said: "Lucia impressed us with her commitment to making a real difference to her local community and we wish her every success in this endeavour."

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Community bash for Luton in Harmony

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

THE chairman of Luton in Harmony (LIH) said it was 'fantastic' to see people from different communities coming together for a celebratory event last week.

Pastor Lloyd Denny, the independent chairman of LIH, spoke after the third birthday celebrations of the community cohesion campaign which was held in The Mall on February 2.

The event was attended by various officials in the town, including the Mayor Syd Knight, Luton MPs Gavin Shuker and Kelvin Hopkins, the Police and Crime Commissioner Olly Martins and Councillor Sian Timoney, the council's deputy leader.

During the day there were performances from the Dallow Primary School choir, local musician James Deacon and a street dance crew.

Pastor Denny said: "The theme for the day was Luton in Harmony: many voices, one town, which is also our theme for 2013.

"And this was truly reflected by the hundreds of people from different communities coming together and having fun at our birthday celebration.



SWEET TOOTH: The Mayor cuts the birthday cake as celebrations get underway to mark the third anniversary of the Luton in Harmony campaign

"It was fantastic to see so many people signing the pledge committing their support to the campaign."

"This was the best Luton in Harmony birthday celebration ever."

"On behalf of the group I would like to take this opportunity to extend our thanks to everyone who attended and the many people and volunteers who worked so hard to make the event a huge success on the day."

"The challenge now is to keep up the momentum and to strive to help Luton to be a harmonious town where we can live, work and raise a family."

His sentiments were echoed by Mark Broadhead, the general manager for The Mall, who was also at the event.

He said: "The Mall Luton was delighted to support Luton in Harmony's third birthday event and as an active member of the group we are proud to back this all important community event as we will all year round."

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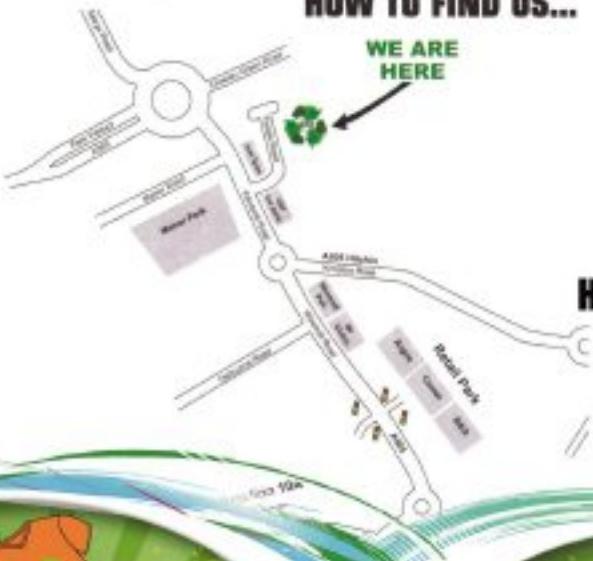
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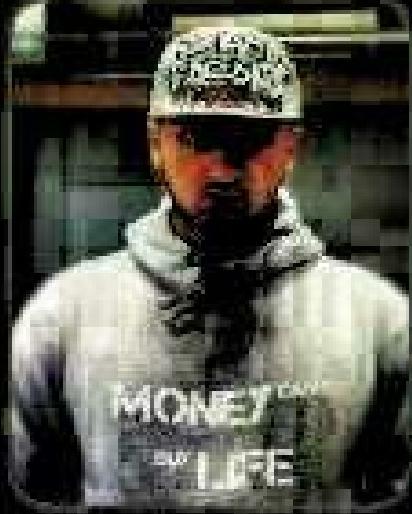
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Double bill of classic opera features Carmen and Tosca

OPERA

CARMEN & TOSCA

The Grove Theatre, Dunstable
February 21 and February 22, 7.30pm

AWARD-WINNING opera producer Ellen Kent is back and she is bringing the heat of Spain and the passion of Italy into two new productions of Carmen and Tosca.

Reviving her role as promoter after a four-year break, Ellen takes her own shows on the road again and she has chosen the fiery wilfulness of Carmen and Tosca's manipulative melodrama to mark the return of Opera and Ballet International.

Bizet's dramatic and sensuous opera Carmen tells the story of the downfall of soldier Don Jose, who is seduced by the fiery, beautiful and passionate gypsy Carmen. Abandoning both his childhood sweetheart and his military career, Jose pursues Carmen but loses her to the glamorous bullfighter Escamillo. In true tragic operatic fashion, Jose can't bear to be without Carmen, pictured left, and stabs her in a jealous rage.

Puccini's Tosca, right, is no less violent, with torture, murder and suicide alongside some of opera's best-known music. Set in Rome and based on a play by Victorien Sardou, it was once described as a 'shabby little shocker'. Opera diva Floria Tosca fears for the fidelity of her lover Mario, only to discover that it is the Baron Scarpia's lust for her that endangers that love. A complex agreement of bargains and bluffs follow, to the detriment of all, with a truly tragic ending.



The celebrated National Philharmonic Orchestra and Chorus of Chisinau perform, alongside international soloists mezzo soprano Nadia Stoianova as Carmen and soprano Elena Dee, reprising her first ever leading operatic role as Tosca.



Ellen said: "I'm starting from scratch with Carmen; there'll be brand new sets influenced by the wonderful paintings of Goya and reflecting the architecture of Seville with its balconies, orange trees, fountains and flowers. It's hot, dusty, Moorish architecture

with that amazing coloured stone.

"The costumes will also reflect Goya's paintings of the Spanish people of that era. And of course, it's all set against the backdrop of the bullring."

Tickets start at £17.50 and you can book by calling 01582 602080.

'Dazzling' music to light up your Monday evening

MUSIC

FIBONACCI SEQUENCE

Luton Library Theatre
Tomorrow, 7.30pm

ANOTHER chameleon-like ensemble will be appearing on the Music on Mondays stage at the Library Theatre tomorrow.

On their website, the band lists no fewer than 39 performers, ranging from soprano singers, through the expected strings and woodwind to an accordion player.

And for their Luton concert they have picked oboe, bassoon, clarinet, horn and piano who will appear in varying combinations throughout the evening.

Central to any Fibonacci Sequence concert is their founder-member and pianist Kathron Sturrock.

Kathron and the musicians form an ensemble that has been praised for a 'dazzlingly good chamber ensemble' by The Times newspaper.

One of the less well-known composers on the bill is Herzogenberg, who wrote a variety of music both sacred and for the concert hall; Brahms commented that 'he could do more than all the rest', so his trio for oboe, horn and piano will be worth hearing.

From the 21st century come Century Dances for wind trio by Cecilia McDowall, fashioned to some degree on the model of dance suites of centuries past, but with a modern twist that is all her own.

Mozart and Schumann make a welcome appearance, but something of a rarity is the Glinka Trio Pathétique, at least in its original scoring for clarinet, bassoon and piano, rather than a reworking for violin, cello and piano.

Tickets cost £14 with concessions at £8. You can book by calling 01582 547474.

Full details of the season, along with several offers for reduced tickets can be found on the website – www.lutonmusic.org.uk.

You can book your place by calling the Library Theatre box office on 01582 547474 or pay on the door.

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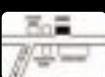
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LITERATURE

THE ORCHESTRA MURDERS

Book
Out now

WITH two biographical books on Dudley Moore and Chevy Chase under her belt, renowned writer and musician Rena Fruchter now brings you *The Orchestra Murders*, the first edition of a new murder mystery series.

Aged just six, Rena performed her first solo concerto with The Philadelphia Orchestra, and her career as a pianist has taken her throughout North America, Europe, the Far East, and Australia.

She studied and lived in both London and Philadelphia and her book has been published by Luton-based publisher Andrews UK.

The story begins with superstar conductor Sir Gregory Langhorne and his globe-trotting, violin-soloist son Jonathan. They are the very best of friends – until a savage murder takes place and Jonathan is the prime suspect.

Six years later, Sir Gregory is now the musical director of the world famous Philadelphia Symphony Orchestra and has finally reconciled with his son, just as the members begin disappearing one by one.

The challenge for brilliant, young, Philadelphia detective Cynthia Masters is to solve not only the orchestra murders, but the question of why murder appears to follow the Langhornes. Has Masters finally met her match – a case that cannot be solved?

Set between London and Philadelphia, this thrilling narrative consisting of murder, infidelity and the abuse of money and power, establishes Cynthia Masters as a world class detective.

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MKNEWS

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Grimethorpe Colliery Band on its way to The Grove Theatre

MUSIC

THE GRIMETHORPE COLLIERY BAND

The Grove Theatre

Saturday, 7.30pm

THE real stars of the hit movie *Brassed Off*, the Grimethorpe Colliery Band, appear at The Grove Theatre next weekend.

Having won almost every brass band accolade, these musicians have a highly acclaimed international reputation with numerous TV appearances and recordings to their credit and are in constant demand throughout the world.

The Grimethorpe Colliery Band was formed in 1917, as a leisure activity for the workmen at the colliery.

It was initially financed by the colliery, a sister company, and a welfare fund set up by the miners themselves.

And the musicians, most of whom worked at the colliery full-time, perfected their skills through competition.

From 1932 to 1945 the band entered 42 such competitions, winning 19 and never finishing lower than fifth.

The turning point in Grimethorpe's history came with the appointment of Elgar Howarth as professional conductor and music adviser in 1972.

An outsider to the brass band world, Howarth's association with Grimethorpe was the inspiration behind the commissioning of new works by leading avant garde composers.

The band has commissioned works from such composers as Hans Werner Henze and Sir Harrison Birtwistle.



International fame came to the band with the making of the 1995 film *Brassed Off*.

The film which starred Ewan McGregor, Pete Postlethwaite and Tara Fitzgerald, told the story of a fictional South Yorkshire village and how the local colliery's band won a national competition only a few days after the closure of the pit was announced.

For the band, which provided the soundtrack music and the extras for the on-screen musicians, the spin-offs have been vast.

Since the release of the film (whose soundtrack was nominated for a BAFTA award) the band

has toured extensively in Europe, including a film festival in Norway, the football World Cup in Paris and the Eurovision Song Contest with an estimated television audience of 50 million.

There have also been recent tours of Japan and Australia, New Zealand and Hong Kong.

The band has also recently become the first ever brass band to be an ensemble-in-residence at the Royal College of Music in London.

Tickets start at £19.50 and are on sale online at www.grove-theatre.co.uk or you can book them by telephoning the box office on 01582 602080.

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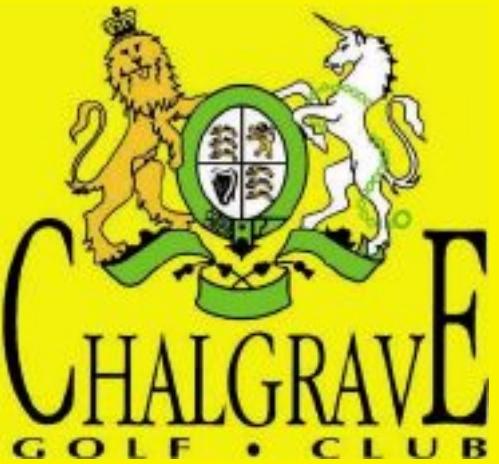
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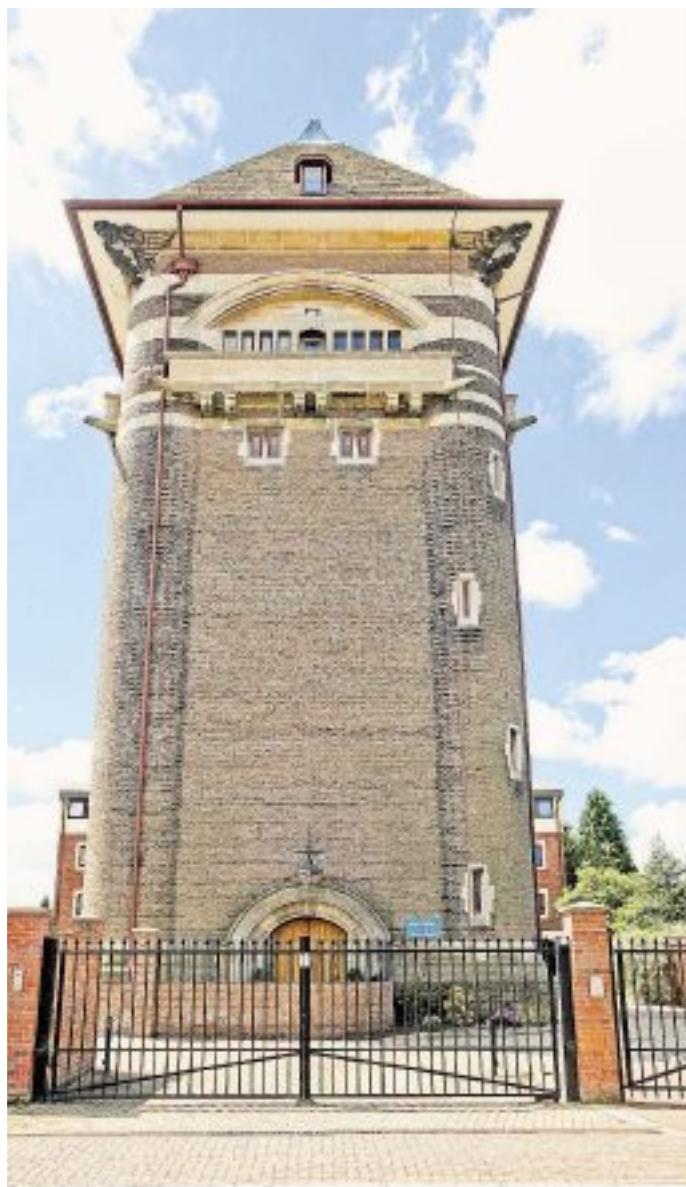
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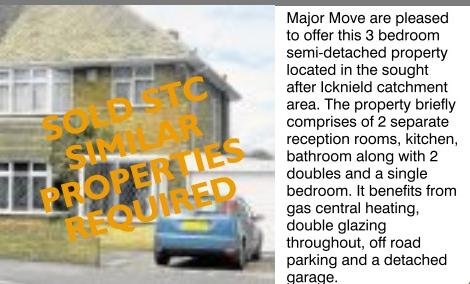
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PROPERTIES
REQUIRED

Major Move are pleased to offer this 3 bedroom semi-detached property located in the sought after Icknield catchment area. The property briefly comprises of 2 separate reception rooms, kitchen, bathroom along with 2 doubles and a single bedroom. It benefits from gas central heating, double glazing throughout, off road parking and a detached garage.

ST. MARGARET'S AVENUE, SAINTS, LUTON £800 PCMLET
SIMILAR
PROPERTIES
REQUIRED

Major Move are pleased to offer for let this well presented 3 bedroom semi detached property situated in the Saints area. The property briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from a garage, off road parking, double glazing throughout and gas central heating. Internal viewing highly recommended.

PEMBROKE AVENUE, LEAGRAVE, LUTON £240,000SOLD STC
SIMILAR
PROPERTIES
REQUIRED

Major Move are happy to offer this deceptively spacious 5 bedroom end terrace. It offers 3 reception rooms, a fitted kitchen with integrated appliances, downstairs cloakroom and 2 bathrooms upstairs. It benefits from off road parking, gas central heating and double glazing throughout. It also comes with a detached annex in the rear garden.

KELVIN CLOSE, NEW TOWN, LUTON £675 PCMLET
SIMILAR
PROPERTIES
REQUIRED

Major Move are proud to offer for let this immaculate 2 Double bedroom property situated in the Saints area. The property briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from allocated parking, double glazing throughout and gas central heating. Internal viewing highly recommended.

CENTRAL LEAGRAVE £400 PCMAVAILABLE
IMMEDIATELY

Major Move are pleased to offer 2 recently refurbished rooms available to let. Situated in a busy central location. Benefits include parking for 1 vehicle, double glazed windows, bathroom and kitchen. Furnished.

DEWSBURY ROAD, RUNFOLD, LUTON £525 PCMLET
SIMILAR
PROPERTIES
REQUIRED

Major Move are pleased to offer this 1 bedroom, ground floor flat to let in the well sought Runfold area. It briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from gas central heating, double glazed throughout, off road parking and no upper chain. Internal viewing is strongly recommended.

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Poets Area £875 pcm

extended much improved 3 bed bungalow • hall • 21 2 lounge • open plan refitted kitchen and dining room • sun lounge • modernised fully tiled bathroom • gas ch • upvc dble glaz. • waste disposal unit • wardrobes • garage



Stopsley £800 pcm

3 bedroom part furnished semi • spacious lounge/diner • separate kitchen • upstairs bathroom • gas c/h • upvc d/g • garage



Nr University £600 pcm

No Deposit! Inc water rates and gas. 2 Bedroom 1st floor flat. Dble. glazed. Modern kitchen and bathroom Laminate floors Ideal for students



Leyhill Drive £800 pcm

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Houghton Regis £132,950

3 bed end terrace currently rented at £1650pcm Hall Lounge Kit/diner Upstairs bathroom Gas c/h Dble. glaz. Garage at rear



Poets Area £149,950

Investment opportunity currently rented at £725 pcm. 3 bed semi Lounge Separate good size kitchen Upstairs bathroom Gas fired c/h Double glazing Garage



Town Centre £72,995

1 bed modern centrally situated flat with open plan american style lounge/kitchen. Private parking



South Luton £105,000

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Nr Leagrave Station £355,000

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Round Green £169,995

3 beds 2 recs, Refitted kitchen Fully tiled new bathroom with under tile heating Gas c/h D/glazed Large garden with garage space (sub to p.p.) Forecourt parking for 2 cars



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 - Driveway & Garage
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- TOWN CENTRE, Cardigan Street £600 pcm**
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 - Double Glazing
 - Located Within The Heart Of The Town Centre
 - EPC - B
 - Available Mid March



- LEWSEY FARM, Downlands £575 pcm**
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- TOWN CENTRE, Dudley Street £600 pcm**
- 2 Bedroom Apartment
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- WARDEN HILL, Glenfield Road £1,200 pcm**
- Detached
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 - Garden
 - Double Glazing
 - Drive Way and Garage
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- TOWN CENTRE, Hartley Road £1,000 pcm**
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 - Available March



- DUNSTABLE, Walling Gardens £700 pcm**
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 - Kitchen With White Goods
 - Family Bathroom
 - En Suite
 - Allocated Parking
 - EPC - C
 - Available in March



- TOWN CENTRE, Wellington Street £550 pcm**
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 - White Goods
 - Double Glazing
 - Furnished
 - EPC - C
 - Available End Of February

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You must have a full UK / EU Driving Licence as will be required to drive vehicles & equipment

PASSENGER SERVICE AGENTS

You must be able to cover a 24hr / 7 days a week shift pattern E.g: 05:00-09:00, 12:00-16:00, 18:00-22:00. Contracted 20 hours per week, with great potential to make full time hours depending on your flexibility!!!

You must have strong Customer Service skills and be able to deal with the public. Good computer skills, the ability to learn new systems & attention to detail is essential.

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- ICT Team
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- Legal Services

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You will work 35 hours a week at £11.00 per week and will also receive 20 days paid holidays plus bank holidays.

To register, view and apply for these vacancies online, please go to:
www.apprenticeships.org.uk

Closing date: 20 February 2013.

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We value equality because quality services need the best people - from the whole community.

Chantry Primary Academy
Tomlinson Avenue, Luton LU4 0QP



Ref: 40/0720

Team Leader

MPS/UPS plus TLR 2b £4,225

Required September 2013

Chantry Primary Academy has an outstanding reputation within our local community, supporting children to achieve excellent outcomes. Ofsted has judged Chantry to be an outstanding school, stating "The school makes a significant difference to the lives of its pupils." Chantry has a very strong inclusive ethos, with 2 special educational provisions. 'New Horizons' supports pupils with Emotional and Behavioural Difficulties, whilst our second provision supports pupils with Visual Impairment.

New Horizons is a highly successful, integrated provision for Key Stage 1 and 2 children with Emotional and Behavioural Difficulties from schools within the West Area Partnership in Luton. New Horizons provides a full time equivalent of 6 places and a range of additional outreach services and support for schools. Placements are 'revolving door', with children returning to their 'base school' when ready. This provision is fully integrated within Chantry, with provision staff working flexibly within mainstream classrooms, alongside other school staff.

As Team Leader, your key responsibilities include assessing and evaluating the needs of individual pupils within their school setting and considering the best way forward, making recommendations and providing advice. You will also be responsible for the day-to-day management of the provision, ensuring that children both working within the provision and those receiving outreach have appropriate support in place and full access to a broad and balanced education.

You will work directly with the school's Strategic Leadership Team, Headteachers within the Area Partnership, professionals within pupils' base schools, other local provisions and relevant outside agencies.

You will be:

- An experienced teacher who is highly motivated and ready for a challenge
- Keen to make a difference to children's lives
- Able to inspire pupils through your commitment and enthusiasm
- Values led, with a positive approach
- Experienced in leading the work of others within a team

Visits to the school are welcome.

Closing date: 4 March 2013.

Interview date: TBC.

Care Club Manager

£12,631-£13,825 p.a.

30 hours per week, term-time only

Required for 15 April 2013

As Care Club Manager you will be responsible for the efficient management of the breakfast and after school care clubs within the school. You will be competent in managing systems for bookings and in taking payments, giving receipts and keeping accurate records. You will be positive and professional in engaging with parents and staff. Most importantly, you will be enthusiastic and imaginative in the provision of activities and events for pupils who attend these essential child care provisions.

We require a caring, dedicated person to lead and manage our Before and After School Care Clubs. We are a warm and friendly school with high standards of behaviour.

Applicants must have NVQ3 or equivalent qualification in Child Care. Previous experience in Before/After School Care is desirable but not essential.

Closing date: 26 February 2013.

Interview date: w/c 4 March 2013.

For further details and an application form please contact Mrs Fiona Constant at the school address, telephone 01582 706500 x 245, or e-mail fconstant@chantry.primaryluton.co.uk

Someries Junior School

Wigmore Lane, Luton LU2 8AH

Deputy Head Teacher

£44,525-£49,130 p.a. (L8-L12)

Ref: 40/0719

Someries Junior School is seeking to recruit an enthusiastic, creative and highly motivated individual who has a proven track record of outstanding teaching and experience of leadership responsibilities to work with our Head Teacher and our committed staff to continue to raise standards of teaching, learning and achievement to outstanding.

You will have:

- Outstanding teaching skills enabling you to demonstrate good practice within the school
- Excellent coaching, monitoring, evaluation and communication skills
- Experience of leading school improvement in a key stage/subject successfully
- An ability to work through and with others in order to improve outcomes and provision for all our children.

We can offer you:

- The opportunity to work in an innovative, supportive and happy learning environment
- Notably well-behaved and motivated pupils who are a delight to teach and inspire
- Supportive parents, Governing Body and community who want the best for their children
- A commitment to your own professional development.

Informal visits to the school are warmly welcomed. To arrange this please contact Mrs Dawn Dudley, at the school address, telephone 01582 738810 or email someries.juniors.admin@luton.gov.uk

To apply for this role, visit www.luton.gov.uk/jobs and click on the link to the Teaching and Schools Vacancies.

Closing date: 27 February 2013.

Interview date: 11 and 12 March 2013.

CVs will not be accepted for any posts based in schools.

Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.

Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.



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www.jobsnow.co.uk



Henlow Church of England Academy

Church Road, Henlow, Bedfordshire, SG9 9AW

01525 337 112 Age Range 11-16

Special Educational Needs Co-ordinator (MPS + SEN Allowance)

We are looking to appoint a forward thinking, enthusiastic and suitably experienced teacher to further develop the current provision for children with SEND, and to lead our excellent team of learning support staff.

Teacher of Boys' Physical Education (MPS)

We are looking to appoint a well qualified, enthusiastic and talented full-time teacher. The successful applicant will be required to teach physical education across the age range. This post is especially suitable for an NQT.

Date of interview: 2nd March 2013.

These positions provide an excellent opportunity to become a member of a friendly, supportive and dedicated team.

Visit us at the school website:

Application forms and further details available from the Human Resources Officer or via email:

Closing date for applications: Wednesday 20th February 2013.

The school operates strict recruitment procedures and the successful applicants will be subject to a DBS check.

E-mail: hr@henlow.academy Tel: 01525 337 112 Fax: 01525 337 114

Ref: 40/0718

"The pupils' behaviour is outstanding around the school and in lessons."
(OFSTED 2012)

"The curriculum is outstanding."
(OFSTED 2012)

St Martin de Porres

Pastures Way, Luton LU4 0PF

Foundation Stage / KS1 Class Teacher

MPS/UPS

Maternity Cover , full-time

Required for May 2013

Ref: 40/0714

Class Teacher (PPA Cover)

MPS/UPS

Maternity Cover - 3 days per week

(Monday, Tuesday and Wednesday)

Required for April 2013

Ref: 40/0715

The Governors of this oversubscribed school are seeking to appoint a full time Foundation Stage/KS1 Class Teacher and a part time Class Teacher to cover PPA.

You should be:

- Excellent Classroom Practitioners
- Able to motivate and inspire the children, offering both challenge and enjoyment.

St Martin's Catholic Primary School can offer:

- A strong Catholic ethos
- Friendly, motivated and enthusiastic staff
- Positive, happy children who enjoy learning
- Great opportunities for professional development.

Visits to the school are warmly welcomed.

For further details and an application form please contact Mrs F Silcock at the school address, telephone 01582 617600 or email: st.martin.de.porres.primary.admin@luton.gov.uk

Closing date for both roles: 25 February 2013.

Interview date: 5 March 2013.

CVs will not be accepted for any posts based in schools.

Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.

Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.



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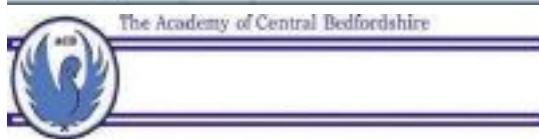
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The Academy of Central Bedfordshire

Required for September 2013

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- Catering & Hospitality
- Motor Vehicle Engineering

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Term time only NJC Scale 18 - 21 (£17,161 - £19,126 pro rata) dependent upon experience

Administration Assistant

Term time only NJC Scale 18 - 21 (£17,161 - £19,126 pro rata) dependent upon experience

The Academy of Central Bedfordshire is an Alternative Provision Free School that will open in September 2013 on two sites, one in Stotfold and one in Houghton Regis. The Academy will initially cater for 70 students aged 11 - 16 in the first year, rising to 140 students in 2016.

The two sites will be significantly remodelled to create a 'state of the art' bespoke vocational curriculum provision.

Application packs and further information can be obtained from Lou Ellis at stlouellis@redborne.beds.sch.uk or phone 01525 404462. For an informal discussion or further information please phone 01525 404462 and ask for the Headteacher's PA.

All offers of employment are "conditional" until Criminal Record Bureau and qualification checks have been successfully completed and satisfactory references have been received. The Academy of Central Bedfordshire is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Closing date for all applications: 25th February 2013

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Compliance Supervisor

£28,636 - £30,851 p.a.

Ref: 13/0075

Based within our Fleet Transport division, you will monitor the performance of service delivery against projected objectives, plans and targets, detailing recommendations to ensure continuous improvement to the service is achieved. In addition, you will undertake the role of Quality Management Representative, and prepare, implement and monitor Quality Procedures and Processes to ensure Fleet Transport provides an efficient and effective service to its customers.

With in-depth supervisory experience of a vehicle inspection/testing environment, you will have detailed and in-depth understanding and knowledge of the 'Operator Licensing' requirements for commercial vehicles, and of Quality Management Procedures and Processes. A vocational related qualification in motor vehicle maintenance and repair e.g. City & Guilds Part 3 Technical Certificate in Motor Engineering or equivalent is essential.

Closing date: 17 February 2013.

Care and Social Inclusion Officer

£16,440-£17,802 p.a. pro rata

Ref: 13/0072

26.5 hours per week

Based at the African Caribbean Day Centre, you will undertake complete personal and individualised care (physical, social and emotional) to enable customers to achieve maximum independence, freedom and choice, and support the development of Day Opportunities for the customer group.

With the ability to work on your own initiative and as part of a team, you should have good numeracy and literacy skills, and be able to provide personal care, with the understanding of the needs of day service users.

Apply now online at www.luton.gov.uk/jobs if you experience problems applying online, please call (01582) 546621 during office hours.

Closing date: 19 February 2013.

The Council is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff to share this commitment.

We value equality because quality services need the best people - from the whole community.



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Ashcroft High School

Crawley Green Road, Luton, Beds LU2 9AG
Learning Resource Manager/Librarian
SALARY: £24,406 (42 weeks - actual salary)

Ashcroft High School is an 11-16 mixed comprehensive school with just under 1,000 students. We were judged to be outstanding by Ofsted in March 2011. We are looking to appoint an innovative and forward thinking Learning Resource Manager/Librarian to lead the development of vibrant learning resources and activities for students, staff and the local community.

You will:

- be passionate about reading and children's literature.
 - have excellent organisational and leadership skills.
 - be able to inspire and enthuse our students to develop their reading and independent study skills.
 - wish to develop all aspects of library provision, including extra-curricular support.
 - be able to contribute to the development of literacy and numeracy across the school.
 - have a sense of humour.
- We offer:
- a strong commitment to your professional development and career management.
 - an opportunity to be part of an enthusiastic and creative team.
 - a working environment focused on Teaching and Learning and raising standards for all.

To apply, please see our website at www1.hays.co.uk/jobs/ashcroft or call Brett Coventry on 020 7200 3758. Email: ashcroft@hays.com

Closing Friday 22 February 2013

The school is committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

Cleaning Manager

Required to maintain current client base and source new business. Will also manage a team of cleaners and be responsible for training.

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This exciting new school based programme of Initial Teacher Training is available from September 2013. Places are available to new trainees at our Lead Schools of Redborne Upper and Stratton Upper as well as our partner schools across Central Bedfordshire including All Saints Academy, Cedars Upper, Harlington Upper, Queensbury Academy and Vandyke Upper. Training places are available in the following secondary subjects:

- Mathematics
- Physics
- Chemistry
- Modern Foreign Languages
- English
- Computer Science

Candidates will need to pay a course fee of £9,000 but may be eligible for bursaries and loans, details available on the DfE website.

Successful trainees will be awarded Qualified Teacher Status (QTS) and a PGCE from our training provider, which is the University of Bedfordshire. We welcome applicants who have UK residency, GCSE Mathematics and English (or equivalent) at Grade C or above, and a degree – preferably First Class, Upper Second or Lower Second – in the subject in which the candidate

Closing Date for applications to the second round of interviews is: Sunday 24th February, 2013

wishes to train to teach, or a closely-related subject.
Further details for any of the above posts can be found on the Redborne Upper School website (www.redborne.com) or the Stratton Upper School website (www.stratton.beds.sch.uk) as well as the websites of our partner schools. Applications must be made online at the following address and applicants must select either Redborne or Stratton in the school name field.

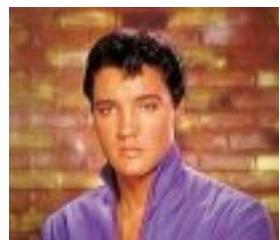
<http://www.education.gov.uk/get-into-teaching/teacher-training-options/school-based-training/school-direct/applying.aspx>

If you require further information please contact Jon Gunn at Redborne Upper School or Jane Harper at Stratton Upper School.

All offers of a place are "conditional" until Criminal Record Bureau and qualification checks have been successfully completed, satisfactory references have been received and the professional skills tests passed. Our partnership is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



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Public Notices

THE BOROUGH OF LUTON (PONDWICKS ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2013

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, intends to make the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

The Order will come into operation 19th February 2013 and cease operation after 18 months. The Order will be in operation when barriers and signs are in place.

The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below.

The purpose of the Order is to enable closure of a redundant length of highway prior to the overall redevelopment of the area and to facilitate the safe passage of pedestrians.

Should access be required, contact Highway Services.
10th February 2013 Graham Turner, Highway Services Manager Town Hall Luton LU1 2BQ

SCHEDULE

ROAD	LENGTH OF ROAD
Pondwicks Road	The whole length

LUTON BOROUGH COUNCIL NOTICE IS GIVEN UNDER PLANNING (LISTED BUILDINGS & CONSERVATION AREAS) ACT 1990 PLANNING (LISTED BUILDINGS & CONSERVATION AREAS) REGULATIONS 1999

Site: 65 - 67 George Street

Description: Change of Use to Class A2 (betting office) and minor external alterations to shop front.

Application No: 13/00018/COU **Conservation Area**

The application and submitted details can be inspected using Public Access, the on-line planning service at www.eplan.luton.gov.uk and enter the application number into the Application Search. This site can be accessed at any library free of charge. If you wish to discuss the proposal, please contact the Case Officer on Luton 546317.

Any representations should be made to the Development Control Manager within 21 days of the date of this notice quoting the application number above. This can be done in writing or on-line through public access (full details can be found on the website).

Dated 10th February 2013
Development Control Manager

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Luton Borough Council THE BOROUGH OF LUTON (KENT ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2013
NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, intends to make the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).
This Order will come into operation on 4th March 2013 for a period of 18 months although it is anticipated work will be completed by 3rd May 2013. The Order will therefore be in operation when signs are displayed. The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described as above. Specific times and dates will be signed locally. The purpose of the Order is to enable works to be carried out in reconstructing the whole length of the carriageway. For the period of the closure vehicles will be prohibited from accessing and parking on the road with exception to vehicles used by the emergency services and vehicles being used in connection with the works. Diversions for traffic will be marked by signs.

SCHEDULE

ROAD	LENGTH
Kent Road	The whole length

Graham Turner, Highway Services Manager Town Hall Luton LU1 2BQ

THE BOROUGH OF LUTON (SUNDON PARK ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2013

NOTICE is hereby given that on 4th February 2013 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

The Order will come into operation 4th February 2013 and cease operation after 8th February 2013 or when the proposed works have been completed. Specific times and dates will be signed locally. The Order will therefore be in operation when signs are displayed. The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described above. The purpose of the Order is to enable works to be carried out to remove pigeon guano on the railway bridge. Access will be maintained as best as possible to properties where this may be done safely whilst such works are being carried out and diversions for traffic will be marked by signs.

SCHEDULE

ROAD	LENGTH OF ROAD	TIMES
Sundon Park Road	From its junction with Toddington Road to the side of lamp column 21 (The section of Sundon Park Road under the railway bridge known as 'Sundon Arch')	11:00pm to 5:00am

Graham Turner, Highway Services Manager Town Hall Luton LU1 2BQ

DATED: 10th February 2013

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GAY? BI? OR CURIOUS? Connect to our network of guys for chat, mates and fun!

ONLY 10P per min
0871 908 9758

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GAY TEXT

TEXT "GSUNBED" to 88199

E150 per 60 msgs sent/recd.

18+ Helpdesk 0844 944 0244. Standard network charges apply. Send STOP to 88199 to stop. IP-X-On.

60+ LADIES ONLY 36p per min
0983 050 5824

18+ Calls recorded 09:00-09:30pm per min from a BT landline. Network extras apply. SP-CWL Helpdesk 0844 999 4409

CHEAP ADULT QUICK XXX PURE ADULT RELAX WITH GIRLS

36p per minute
0909 864 0211

Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages 18+

only. LineLines Ltd P0638 NZN YPN. Helpdesk 0844 849 1469

JODIE 36yrs always discreet.

Nr Toddington just 5mins from M/way Services, all guys welcome. Text **JODIE** to 69996 for pics.

18+ Calls recorded 09:00-09:30pm per min from a BT landline. Network extras apply. SP-CWL Helpdesk 0844 999 4409. Conct 02088205280 text stop to 69996.

LIVE 121 ADULT CHAT 36p per min

0909 860 6698

18+ Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages 18+

only. LineLines Ltd P0638 NZN YPN. Helpdesk 0844 849 1469

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PART EX-CHANGE

SEAT has made only the most half-hearted of attempts to disguise the fact that its Exeo saloon is a previous generation Audi A4. That shouldn't worry buyers to whom the Exeo delivers Audi engineering and build quality at a distinctly SEAT price.

The Exeo is powered by the familiar Volkswagen group engines that crop up in SEAT's other larger models. The 2.0-litre TDI common-rail injection diesel unit is sure to be a popular choice. Particularly in 168bhp form, this is a real cracker, blending pace very effectively with low running costs. 118bhp and 143bhp versions are also on offer.

It's inside where the Exeo really impresses because SEAT has put a big 'S' on the steering wheel and changed virtually nothing else. This may be the old A4 cabin but it's still superbly

built and beautifully understated in the best Audi traditions. In a car from the Exeo's family saloon sector of the market, it feels very special indeed. The modern engines in this Exeo should return healthy fuel economy and low emissions. The 2.0 TDI common rail diesel unit can put out as little as 129g/km of CO₂ and return up to 58.9mpg on the combined cycle.

These figures are even better in the Ecomotive version thanks to Start/Stop technology, a car that can return under 120g/km of CO₂.



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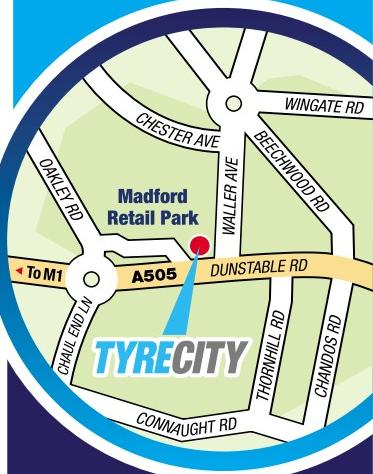
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2010 PEUGEOT 308 S HDi 1.6 Diesel, 10 reg, Only 44000 miles, Full Peugeot main dealer service history, 1 careful lady owner from new, Ex Mobility vehicle, a/c, Radio, CD, e/w, e/m, Multi functional steering wheel, 5 door hatchback, 5 speed, Immaculate car, First to see will buy, Only £30 tax for the year Only £6,990

2009 FORD C-Max 1.6 Zetec, 59 reg, Full main dealer service history, 1 careful lady owner from new, National parts and labour warranty included, Ex Mobility vehicle, a/c, Radio/CD, Aux, e/w, e/m, Manual, Privacy glass, 16" alloys, Very nice tidy car, First to see will buy Only £6,995

2010 PEUGEOT 308 S HDi 1.6 Diesel, 10 reg, Only 44000 miles, Full Peugeot main dealer service history, 1 careful lady owner from new, Ex Mobility vehicle, a/c, Radio, CD, e/w, e/m, Multi functional steering wheel, 5 door hatchback, 5 speed, Immaculate car, First to see will buy, Only £30 tax for the year Only £6,990

2009 CITROEN Berlingo 1.6 HDi 110 XTR, 09 reg, New shape, Top of the range Diesel, Only 62000 miles, 1 careful lady owner from new, FSH, Full VOSA history, Ex Mobility vehicle, Dog guard fitted, Roof rack fitted, 2 keys, Full HPI report, Lots of extras £6,490

2009 CITROEN C3 PICASSO 1.6 HDI 16V VTR+MPV 5DR WARRANTED MILEAGE FSH, 5 Doors, Manual, MPV, Diesel, 09 Reg, 35000 miles, Metallic Blue, MOT-12-2013, 1 Owner, FULL CITROEN SERVICE HISTORY, HPI CLEAR, extended warranty available, EX MOBILITY VEHICLE, PAS, Air conditioning, radio/cd/mp3, Audio remote control, Central locking £6,495

2008 MITSUBISHI Lancer 1.6 Equipe, 4 Doors, AUTOMATIC, Saloon, Petrol, 08 Reg, 29097 miles, Metallic Grey, MOT-12-2013, FULL MITSUBISHI SERVICE HISTORY, FULL VOSA HISTORY, FULL PDI REPORT, IMMACULATE, full hpi report available, warranted mileage, £4,495 p/x welcome

2011 VAUXHALL Corsa 1.3 CDTI EcoFlex Exclusive, 11 reg, Only £30 tax a year, Full PDI, 5 Door hatchback, Diesel, 31,000 miles, Lots of extras, Full PDI report carried, Alarm, Immobiliser, Cat D, E/W, PS, All the usual, Car ready to be driven away Only £6,890

2008 FORD Focus 1.6 Titanium, New shape, 58 reg, 57000 miles, 1 owner from new, Reverse parking aid, Auto wipers, a/c, Remote central locking, Privacy glass, partial leather interior, ABS, Alarm, Immobiliser, Cat D, Rear spoiler, 17" alloy wheels, e/m, e/w etc Only £5,495

2007 VECTRA 1.9 CDTI Sri 150, Auto, Diesel, FSH, only 89k, new cambelt fitted, 1yr Mot £4,295 PX Welcome

2007 RENAULT Megane 1.4 Extreme, 3dr, FSH, PAS, e/w, c/l, alarm, ABS, immobiliser, cat D £3,295

2007 PEUGEOT 1.4 S, 3 doors, manual, hatchback, petrol, 72,000 miles, metallic blue, MoT, full history, HPI reports £2,995

2005 FORD FIESTA 1.2, 3 doors, manual, NEW SHAPE, 1 lady owner from new, FSH, black £2,995

2003 HONDA CIVIC 1.4, 3 door, pas, alloys, e/w, c/l, £1,795



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STORNOWAY GREY METALLIC
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72,000 MILES
2 OWNERS WITH FSH
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AUTO
JAVA BLACK WITH
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80,000 MILES
3 OWNERS WITH FSH
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METALLIC WITH LIGHTSTONE
LEATHER TRIM 81,000 MILES
2 OWNERS WITH FSH
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1/2 LEATHER TRIM
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7 SEATER AUTO
OSLO BLUE METALLIC
WITH EBONY LEATHER TRIM
81,000 MILES
DEMO + 2 OWNERS WITH FSH
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03 03 DISCOVERY
TD5 ES 7 SEATER
AUTO
ZAMBEZI SILVER METALLIC
WITH EBONY LEATHER TRIM
76,000 MILES
2 OWNERS WITH FSH
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06 06 FREELANDER
TD4 SPORT
ZERMATT SILVER
METALLIC WITH EBONY
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39,000 MILES
1 OWNER WITH FSH
£9,495



55 05 FREELANDER
TD4 FREESTYLE AUTO
STORNOWAY GREY METALLIC
WITH CHARCOAL
1/2 LEATHER TRIM
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2 OWNERS WITH FSH
£8,995



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JAVA BLACK WITH EBONY
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Option to Purchase Fee	£115.01
First Instalment	£99.00

58 instalments	£99.00
Final Instalment	£214.01
Total Charge of Credit	£1,211.90
Repayment Balance	£6,055.01
Total Amount Payable	£9,766.05
APR Representative	9.4%



2009 59 Vauxhall Corsa 1.2 Life • Black Sapphire
• 16731 Miles

£6,995

On The Road Price	£6,995.00
Deposit	£2,151.89
Vehicle Amount to Finance	£4,843.11
Hire Purchase Charges	£937.89
Acceptance Fee	£159.00
Option to Purchase Fee	£115.01
First Instalment	£99.00

58 instalments	£99.00
Final Instalment	£214.01
Total Charge of Credit	£1,211.90
Repayment Balance	£6,055.01
Total Amount Payable	£8,206.90
APR Representative	9.4%



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• Grey
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• Crystal Silver
• 79,050 Miles

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• Diamond Black
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FOOTBALL

Club Lewsey exit

MARK Ponte was left to wonder what might have been after his Club Lewsey side were denied a place in the quarter finals of the FA Sunday Cup by a last-gasp goal away to Lebeqs Tavern Courage.

The Luton-based team had been leading 3-2 with ten minutes remaining, but a controversial penalty decision saw their opponents from Bristol level the scores before snatching a 90th minute winner from a corner. It means Lewsey will not be in the last eight for the third time in as many seasons.

Beds U18s in semi

BEDFORDSHIRE Under-18s are just one win away from reaching the final of the FA County Youth Cup, after a thrilling extra-time victory over Norfolk.

The Under-18 side recovered from conceding an 89th-minute equaliser to clinch a 3-2 win thanks to a free-kick five minutes from time from Leigh Stevens. The side, jointly managed by Jon Reed and Iain Rennie, now face Wiltshire in the semi-final on February 23.

Leicestershire & Rutland, Liverpool, West Riding or Manchester will play the winners

Logan strike in vain

BEDFORDSHIRE Under-16s will just be playing for pride when they face Cambridgeshire in the final East Anglian Counties championship match later this month.

The team, jointly managed by Steve Damon and Jim Duffield, lost 3-1 to Hertfordshire at the County Ground in Letchworth on Sunday and will hope to beat Cambridgeshire on February 28th at Kempston Rovers FC to avoid finishing bottom. Dylan Logan scored his fourth goal of the campaign to give Beds the lead against Herts.

Meade on mend

LUTON'S Jernade Meade stepped up his recovery from an ankle ligament injury yesterday by running for the first time.

The 20-year-old Arsenal left-back has been sidelined since Christmas after sustaining the injury in a crossing and shooting drill. He had feared he had broken his ankle but a scan revealed ligament damage.

He was on crutches but is now back on the training field and keen to get back to full fitness so he can go out on loan for more experience. Meade's contract at Arsenal expires in the summer.

Twitter rage for boss

PAUL Buckle has launched a withering attack on his players using Twitter, believing many are spending more time on the social networking site than the training field and proposing a club ban.

The vast majority of Buckle's squad are users of Twitter while there is a parody account set up in the manager's name which has more than 900 followers.

A father of two teenage daughters, Buckle recognises its role in society but feels it is not the platform for players to air grievances, become involved in a feud and risk bringing the club into disrepute. "I don't understand it," Buckle said. "I think it's a big weakness with players if they want to tell the world what's gone wrong or what's happened."



BIG TACKLE: Scott Neilson slides in on Al Bangura
Picture: Gareth Owen

Gray miss and red

FOOTBALL

BLUE SQUARE BET PREMIER

LUTON TOWN 1

FOREST GREEN 1

BY TOM SHARP

sport@lsmmedia.co.uk

TWO red cards and a missed penalty were the story of a lively encounter as Luton Town slipped further behind the Blue Square Bet Premier pacesetters after a 1-1 draw against Forest Green Rovers at Kenilworth Road.

Andre Gray went from hero to villain after breaking the deadlock inside five minutes with a penalty miss shortly after but the game changed pace in the second half as the dismissals of Alex Lawless and Rovers' midfielder Al Bangura shaped a disappointing afternoon for the Hatters.

Town manager Paul Buckle was infuriated by his side's 1-0 defeat at Barrow last Saturday and

was insistent in midweek that he would ring the changes come this must-win match against Forest Green.

However only Arnaud Mendy, left-back Greg Taylor and the suspended Lathaniel Rowe-Turner were absent for the Hatters.

David Hockaday's men boast the best away record in the Blue Square Bet Premier, with eight wins in 16 matches, but they found themselves behind after just five minutes.

Good work from David Martin allowed Andre Gray, returning from England C duty in midweek, to give the home side the dream start.

Martin, who signed in the latter stages of the January transfer window on a free transfer after release from League Two Southend United, found Gray with a deliciously weighted left-wing cross and the striker bundled the ball over the line.

CONFERENCE TOP 12

	P	W	D	L	F	A	Pts
Grimsbury Town	30	16	10	4	50	21	58
Wrexham	30	15	10	5	58	31	55
Forest Green	30	14	8	8	48	31	50
Kidderminster	30	14	8	8	43	26	50
Newport	28	15	5	8	59	45	50
Mansfield Town	27	14	5	8	55	38	47
Luton Town	27	13	5	9	48	39	44
Morecambe	29	12	7	10	46	43	43
Dartford	30	11	9	10	54	48	42
Woking	30	12	5	13	47	48	41
Hertford United	28	13	2	13	48	54	41
	27	10	9	8	41	40	39

A fresh vibrant side, unrecognisable to the side that lost so tamely at Barrow, looked energised but were soon to be pegged back, with a lapse of concentration from a set piece again proving their undoing.

Rovers' top scorer Yan Klukowski turned provider for once, delivering a perfectly-weighted free kick which was headed past the sprawling Mark Tyler by the smallest man in the box, Matt Taylor. Jake Howells was culpable for losing his man.

"It is a situation where you have got to take your man and stop them from scoring and Jake will know that," Buckle said.

The goal lifted Rovers as they pressed on searching for the second and while Luton were left to re-group.

New boy Steve McNulty was awarded a cheer every time

Forster makes it hat-trick of penalty saves

FOOTBALL ROUND-UP

BY JONATHAN PAXTON

sport@lsmmedia.co.uk

BARTON Rovers were thankful to stand-in goalkeeper Kyle Forster for a point as they threw away a two-goal lead at Northwood in the Evo-Stik Central Division.

Rovers took the lead in the third minute when Bilal Hassan, making his first start since returning to the club last month, drove home powerfully.

Hassan was again quickest out of the blocks at the start of the second half, picking up a pass from Niran Vaughan and sliding the ball home from a narrow angle to make the score 2-0 in the 47th minute.

A header from Nico Muir got Northwood back into the game and they had a great chance to equalise just a few minutes later when Vaughan gave away a penalty for a push in the box.

Forster, who has saved spot kicks in his last two matches, saved again diving low to his right to keep the score at 2-1.

It took a late long-range shot from George Nicholas for Northwood to equalise but Barton had a chance to snatch the win when Aaron Lansiquot saw his effort cleared off the line moments later.

Forster, who only came into the team last month after a hand injury to Richard Wilmet, was a deserved man of the match and leaves Dan Kenney with a tough selection decision when Wilmet returns.

After a month without any league action, **Dunstable Town** grabbed their second 6-0 victory in five days in the Spartan South Midlands Premier Division with victory against Stotfold.

Having thrashed title challengers St Margaret's in midweek, Nathan Frater hit Stotfold after just two minutes and further first-half goals from Moses Olaleye and Tony Fontanelle put the result beyond doubt by half time.

Lee Roache grabbed a brace in the second half to give him 38 goals this season and the scoring was completed late on through Mick Jackson.

AFC Dunstable fell to a 3-2 defeat at Berkhamsted despite a performance that deserved at least a point.

Lee Burgoine missed a 15th-minute penalty before AFC went a goal down. A fine Craig Butler free kick brought them back on level terms but they conceded again just before half time to trail 2-1.

AFC forced a number of chances and equalised with another Butler free kick on 65 minutes. The point AFC deserved was thrown away though with 10 minutes to go when Mike Kinlock handled in the area and Berkhamsted scored the resulting penalty.

Crawley Green kept up the pressure towards the top of Division One with a last-gasp win at home against Sun Postal.

Liam Stapleton fired Sun Postal, the Watford side, ahead in the 46th minute but Crawley got back on terms almost immediately.

Jamie Warne broke down the left straight from the kick-off and his looping cross curled into the net to equalise.

With both teams chasing the win, it remained level until the final minute when Peter O'Donnell slipped the ball through to Chris Gibson who scored past the advancing keeper to give Crawley Green the points.



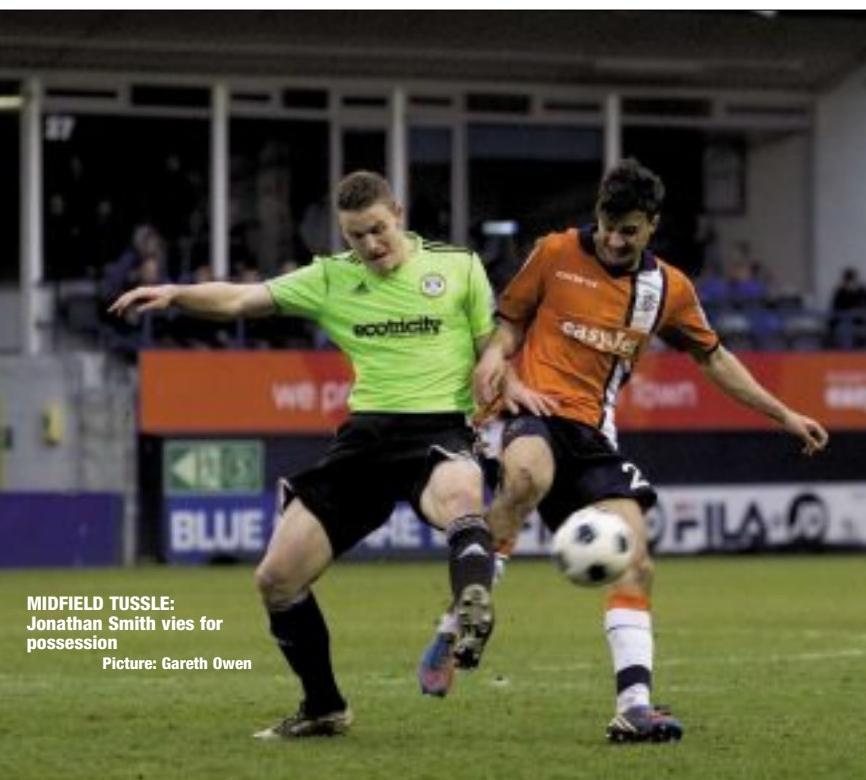
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MIDFIELD TUSSE:
 Jonathan Smith vies for possession

Picture: Gareth Owen

discolour Green tie

applied a vital interception to thwart a Rovers attack as the Hatters gained momentum again.

Jon Shaw should have done better from a Howells' corner as he placed the ball wide with the goal at his mercy.

The striker then almost made amends as he forced a good save from Russell at his near post as home pressure grew.

Then came a turning point when Gray skied a penalty in the 36th minute after he had been fouled by Eddie Oshodi, the former England youth international, just inside the box.

Buckle may have been satisfied with his side's first-half showing but the opening nine minutes of the second left him seething.

The home crowd had not warmed to the referee all game and they were further annoyed with the dismissal of Alex Lawless.

Lawless had been arguably Town's best player in the first half but two fouls in the space of 90 seconds saw him heading to the changing

rooms with a little more than half an hour to play. An incensed Kenilworth Road faithful became Luton's eleventh man yet the numerical advantage was restored on 66 minutes when the referee showed Bangura a red.

A hefty challenge on Gray by Bangura, the former Watford midfielder, led to a heated exchange between the pair with a 20-man melee ensuing.

The Luton striker was given just a telling off while Bangura was given his marching orders.

With the crowd finding their voice once more Luton pressed for the winner.

First Janos Kovacs was denied by the Rovers woodwork and Shaw again missed golden opportunity to steal the three points.

With the quality slowly dissipating

as the clock edged towards the final whistle, a Chris Stokes 30-yarder represented the last chance of an entertaining affair.

"We are going up" taunted the 110 travelling Forest Green Rovers. Boos reverberated around

Kenilworth Road as the Luton players left the field they knew this was two points lost.

LUTON: Tyler; Henry (capt), McNulty, Kovacs, Howells; Lawless (sent off, 55), Smith, Neilson (Mendy, 60), Martin (O'Donnell, 61); Shaw, Gray (Fleetwood, 78).

Subs not used: Taylor, Rendell Fleetwood, Mendy, O'Donnell.

FOREST GREEN: Russell; Hodgkiss, Turley, Oshodi (Bennett, 75), Stokes; Vieira (Odubade, 69), Bangura, Green, Klukowski, Norwood; Taylor.

Subs not used: Bennett, Asafu-Adjaye, Rowe, Williams, Odubade.

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WING MAN: Tesh Edwards was on the scoresheet

Picture: Ian Nancollas

Sending off fails to stop Luton from claiming win

RUGBY UNION

BY TIM BARTLETT

sport@snmedia.co.uk

LUTON made hard work of the points yesterday afternoon, beating Basildon 36-20 at home despite being reduced to 14 men.

Luton were not at their vintage best but they took the lead early in the game from a Steven Ellis try. But they failed to go on and assert any dominance over their guests, with Basildon looking good value for their 10-8 half-time lead.

"At half time the forwards were told to move the ball away, and the backs to engage the opposition, be more direct and keep the lines straight," Luton coach Nick Rhodes said.

The home side looked focussed and purposeful in the second period, but it was the controversial sending off of Luton's skipper Jack Elstow, for what Rhodes described as "over-zealous rucking" that proved to be the turning point in the game.

"We got angry," said Rhodes.

Luton responded immediately with a Tesh Edwards try, the wing-pouring on a loose ball in the visitors' 22. Minutes later Aiden Kenny added a third try to open up a 12-point lead as the home side started to find their rhythm.

Two more tries from Kenny and Edwards made sure of the league bonus point. Eleven points from the boot of Rik Hobbs added the gloss.

FOOTBALL RESULTS

BLUE SQUARE BET PREMIER
 Luton Town 1 Forest Green Rovers 1

EVO-STIK SOUTHERN LEAGUE PREMIER DIVISION

Bedford Town 1 Chippenham Town 1
 Bideford 1 Arlessey Town 1

CENTRAL DIVISION

Northwood 2 Barton Rovers 2

FA VASE FIFTH ROUND

Amphill Town 1 Hadleigh United 2

SOUTH MIDLANDS LEAGUE PREMIER DIVISION

Berkhamsted 3 AFC Dunstable 2
 Colney Heath 0 Aylesbury Utd 2
 Dunstable Town 6 Stotfold 0
 Hatfield Town 2 Haringey Borough 3
 Hertford Town 2 Tring Athletic 0
 Hillingdon B 0 Hadley 2
 Holmer Green 2 Oxhey Jets 4
 London Colney 2 Harefield Utd 2
 London Tigers 0 Hanwell Town 1
 St Margaretsbury 3 Biggleswade Utd 1

DIVISION ONE

Amersham Town 0 Harpenden Town 1
 Bedford Town 4 London Lions 0
 Cockfosters 0 Kings Langley 0
 Crawley Green 2 Sun Postal 1
 New Bradwell 1 Chesham Utd R 1
 Southall 5 Langford 2
 Stony Stratford 2 WGC 2

DIVISION TWO

Kent Athletic 2 Wolverton Town 2
 Mursley United 1 Pitstone & Iv'gheo 1
 The 61 FC (Luton) 8 Caddington 1
 Totternhoe 2 Hale Leys Utd 2

RESERVE DIVISION ONE

AFC Dunstable 4 Holmer Green 1
 Langford 4 Kent Athletic 2
 London Lions 13 The 61 FC 0
 Oxhey Jets 2 Risborough Rangers 2
 Stotfold 3 Hadley Res 1

BEDS COUNTY LEAGUE PREMIER DIVISION

AFC Biggleswade 2 AFC Kemp Town & BC 1
 Arlessey Town R 4 Marston Shelton R 2
 Bedford Hatters 4 Renhold United 5
 Bedford SA 1 Wilshamstead 9
 Ickwell & OW 2 Oakley Sports M&DH 5
 Lidlington Urd Spirt 2 Flitwick Town 1
 Shefford Town & C 3 Caledcote 2

DIVISION ONE

AFC K'P Twin & BCR 0 Shefford Town 7
 Caledcote Res 1 Elstow Abbey 1
 Leighton Utd 5 Brickhill Tigers 3
 Luton Boys 4 Henlow 2
 Sandy 1 Pavenham 0
 Shillington 5 Kings AFC 1

JUBILEE CUP

Marabese Ceram 3 Bromham Utd 2
 Oakley Sports R 5 Goldington 1
 St Josephs Sat R 3 Cranfield Utd Res 3
 Westoning 1 Queens Park Cres 3

DIVISION TWO

Stopsley Park 0 Sundon Park R 4
 Woburn 1 Eastcotts AFC 1

DIVISION THREE

Bedford Park R 1 Dunton 2
 Great Barford 3 Clifton 2
 Renhold Utd R 2 Riseley Sports 1
 Royal Oak Kemp 0 Pottown Town 1
 Stevington 3 Ickwell & OW Res 1

WATSON SHIELD

Westoning Res 3 Kempston Hammer 4
 Wilshamstead R 5 Sandy Res 3

DIVISION FOUR

Caldecote A 1 Dinamo Flitwick 0
 Dunton Res 2 Wootton Village 2
 Flitwick Town Res 3 Elstow Abbey Res 3
 Kempston Ath 3 Clifton Res 3
 Kempston CC S 2 Shefford Town & C 4
 Marston Shel RR 3 Bedford Panthers 2

Sport

on sunday

Red card frustrates Luton boss

FOOTBALL

BY TOM SHARP
sport@lsnmedia.co.uk

LUTON Town manager Paul Buckle was left bemoaning a decision to send off one of his players for the second successive week as the Hatters missed the chance to make up ground on the promotion chasers yesterday.

Alex Lawless will now join Lathaniel Rowe-Turner on the suspension list after he was shown two yellow cards in quick succession yesterday.

The one-match ban will rule him out of the match with Dartford on Tuesday. Buckle left the field exchanging words with referee Nick Kinseley who, after also showing a red card to Al Bangura, has now sent off nine players in as many games.

"I did not think it was a sending off," said Buckle.

"I think in a game of this magnitude common sense should prevail. It was a

shoulder-to-shoulder in the corner. It was nothing dirty.

"Alex is not that type of player. No-one could believe it in the ground."

The draw leaves Luton 14 points adrift of leaders Grimsby and six points off the fourth play-off spot. It would have been a different story had Andre Gray not missed a first-half penalty.

"The players kept going all day," said Buckle.

"Even for that short period when we were down a man we looked the more dangerous."

"I am absolutely delighted with the input from the players. They have given me everything and that is all I can ask for."

Gray had practised penalties on Friday so it was a surprise when he missed.

"We battled hard but we just could not break them down at the end," said Gray.

"If chances go our way then we would be picking up the three points but we just fell short."

■ Match report inside



HEADS UP: Andre Gray beats the Forest Green keeper to a cross
Picture: Gareth Owen

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Taylor in line for Lions tie

FOOTBALL

BY KEVIN AFFLECK
sport@lsnmedia.co.uk

PAUL BUCKLE held clear the air talks with Greg Taylor on Friday after appearing to cast the defender into the wilderness this week.

The defender was dropped to the bench for yesterday's game with Forest Green Rovers following a mistake at Barrow the manager labelled "dreadful".

Buckle appeared to cast doubt over the future at the club of the Bedford left-back when he claimed this week he had tried "everything" to integrate the 23-year-old into his plans.

Taylor looked all set to be marginalised for the second time this season - he spent a period on loan at Tamworth late last year - and may well have been dropped from the squad yesterday had Simon Ainge and Wayne Thomas been available.

But Buckle included Taylor on the bench and could even pitch him back into the fray for the FA Cup game with Millwall on Saturday.

The manager is understood to have told Taylor yesterday he feels his skill set is more suited to the Championship than the Blue Square Bet Premier, citing the clean sheets Taylor helped keep against Wolves and Norwich.

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Starter, main dish, side dish, rice or naan and coffee
A la carte menu also available

www.indianoceanluton.com
5 Sundon Park Parade, Sundon Park, Luton
Open all day 7 Days a Week

Tel: 01582 84 83 83

The science behind losing Inches & feeling great!

Non-Surgical Ultrasonic Liposuction from The Rapid Inch Loss Clinic makes losing inches easy, especially from stubborn fatty areas like your belly, hips, arms and legs. Better still, it's fast, 100% pain free and can allow you to reach your ideal size in as few as 12 sessions.

Good vibrations

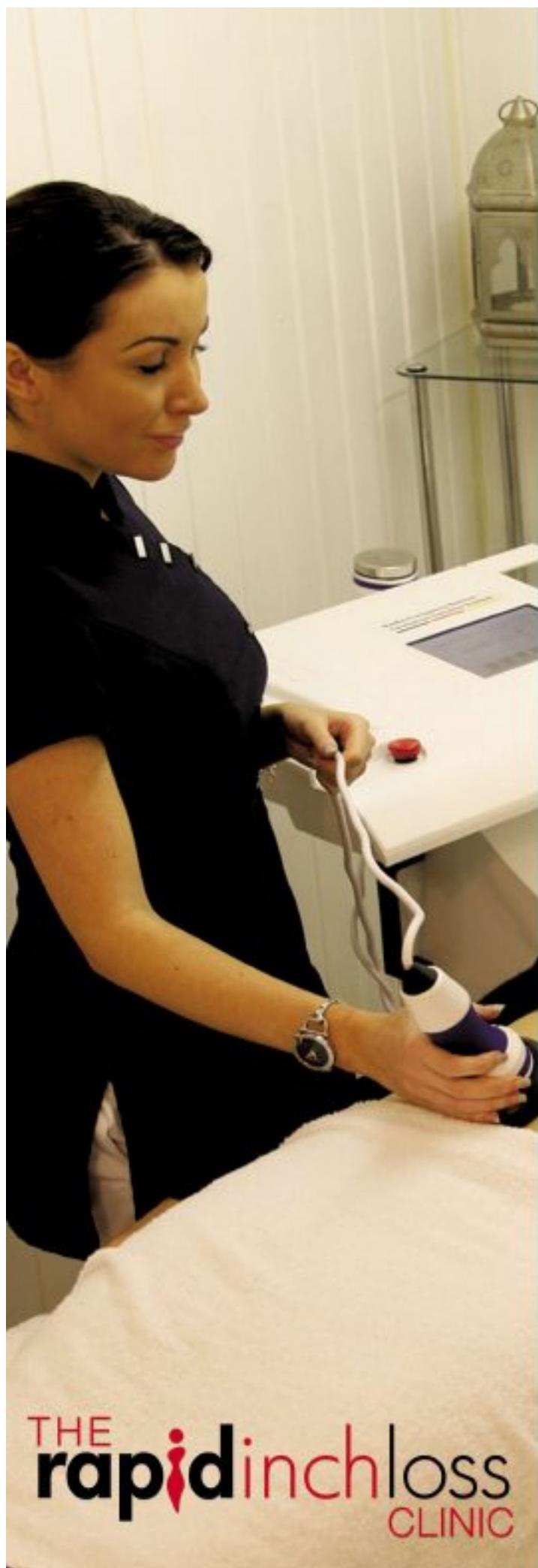
The treatment works using ultrasonic technology similar to that used in ultrasound scanning machines. The frequency of the sound wave targets fat cells, causing them to turn into a liquefied state. This liquid fat then drains away via the body's lymphatic system over the next 72 hours leaving treated areas with a flatter and firmer appearance.

The difference between The Rapid Inch Loss Clinic's Non-Surgical Ultrasonic Liposuction and surgical ultrasonic liposuction is we allow the body to naturally filter the liquid fat instead of making incisions in the patient and using a tool to suck the fat out which can cause pain, bruising and scars.

100% pain free

Our treatments are 100% pain free – in fact you will only feel a pleasant warming sensation as the ultrasound gets to work on your unwanted fat cells.

0800 222 9111
www.rapidinchloss.co.uk



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One of our success stories...



Who: Leslie Carey, 39

Where: The Rapid Inch Loss Clinic Nuneaton

When: 6 Weeks, June 2011

What Happened: Leslie had Ultrasonic Liposuction on her stomach and inner thigh but only lost $\frac{1}{4}$ inch after 1st visit. She then lost $2\frac{1}{2}$ inches after her 2nd visit, before losing 16 inches in total over the course of her therapy.

How: We focussed Ultrasonic Liposuction on Leslie's inner thigh and stomach once a week (1 session on each area) for 6 weeks. After her 1st session Leslie ate take away food on 4 of the evenings, as well as drinking several pints of beer most nights. This resulted in slow progress. However, after only losing $\frac{1}{4}$ inch in week 1, Leslie decided to drink a little more moderately, ate more balanced meals and as a result she then lost $2\frac{1}{2}$ inches between her 2nd & 3rd treatments. Leslie then resolved to adjust her lifestyle, she started eating & drinking in moderation, while making an effort to be more active generally. Leslie went on to lose 16 inches in total over her course which took in 12 sessions each on her stomach & inner thighs.

Why was Ultrasonic Liposuction Needed: Leslie has a demanding job as a director of an engineering firm, this lead to Leslie having a poor diet of take away food & beer, with little activity in her daily life due to a lack of time. Leslie arrived for her 1st session as a size 16, standing at 5' 6" tall

Where are they now: After achieving her target size and shape Leslie had lost 16 inches from her stomach and inner thigh. After completing her course and armed with her improved lifestyle and body shape Leslie felt inspired to take up Exercise! She began walking 3 evenings a week and therefore needed no more sessions to maintain her new size and shape!

To find out more please visit www.rapidinchloss.co.uk

Call **0800 222 9111** today
to become the new, slimmer you!